



# THE HIGHEST RATED HEALTH PLAN IN NYC\*



THE ONLY  
5-STAR RATING  
FOR ADULT,  
ADOLESCENT &  
CHILD CARE

★★★★★  
See stars at [metroplus.org/stars](https://metroplus.org/stars)



**OPEN ENROLLMENT ENDS JANUARY 31**



\*Based on A Consumer's Guide to Medicaid and Child Health Plus Managed Care Plans in New York City 2018.  
Based on ratings of health plans that service NYC. • MKT 18.232a



# METROPLUS MEMBERS ARE SEEING STARS!

★ ★ ★ ★ ★  
See stars at [metroplus.org/stars](https://metroplus.org/stars)



**OPEN ENROLLMENT ENDS JANUARY 31**



MKT 18.200a



# metro

NEW YORK CITY NO. 1 FREE

Tuesday, January 15, 2019 metro.us | t: Metro

## 'CORPORATE'

Dark-comedy creators talk season 2, "Seinfeld" comparisons. 22



GETTY IMAGES

All you need to know  
about education.  
13-19



ISTOCK

'Temptation Island': Tempted by the  
fruit of another reality-TV reboot. 24



NY Waterway crew  
members share their  
stories of US Airways  
Flight 1549's "Miracle on  
the Hudson," which  
happened 10 years ago  
today. 4-5

# A 'MIRACLE' TO *REMEMBER*

GETTY IMAGES



ISTOCK



No end in sight as shutdown heads into its fourth week. 3



## THINGS TO KNOW

KRISTIN TOUSSAINT, REPORTER

Jan. 15, 2009, is seared into the memories of not just New Yorkers, but residents around the world who remember seeing the image of US Airways Flight 1549 descending onto the Hudson River. American Airlines captain Chesley Burnett "Sully" Sullenberger III had to make the quick decision to land on the water after his plane hit a flock of geese. The fact that the landing was successful was a miracle, but that wasn't the only fateful event for the "Miracle on the Hudson" — the fact that NY Waterway was ready to respond and rescue people from the frigid water was another. Read more inside and at **Metro.us** about how NY Waterway members remember that day on its 10th anniversary.



## WELCOME TO METRO.US

## YANKEES LEGEND STOTTLEMYRE DIES AT 77

Longtime New York Yankees pitcher and pitching coach Mel Stottlemyre died Sunday in Seattle after a lengthy battle with cancer. He was 77. Born in a small town in Washington, Stottlemyre was bound for the big city when Yankees scout Ed die Taylor discovered him at Yakima Valley Community College and signed him to a \$400-per-month contract. He reached the big leagues in 1964, after a 13-3 season in Triple-A, when the Yankees were in a pennant race with a pitching staff plagued by injuries. He turned into the ace of the staff, and by the time he

retired in 1974, he'd compiled a 164-139 lifetime record in 360 games, starting all but four of them. He had a career ERA of 2.97 and threw more than 250 innings in nine of his 11 seasons with the Yankees. He was a three-time 20-game winner and a five-time All-Star selection. In 1977, he joined the Seattle Mariners organization as a roving pitching instructor, and before the 1984 season, the Mets hired him as pitching coach, where he worked with Dwight Gooden, Ron Darling and Sid Fernandez during his 10 seasons with the team.

## TRUMP LAYS OUT FAST FOOD FOR NAT'L CHAMPS

President Donald Trump laid out a White House feast fit for a government shutdown on Monday: silver platters heaped high with McDonald's Quarter Pounders and the red-and-white burger wrappers of Wendy's. White House chefs normally would serve much fancier fare underneath the stern gaze of the portrait of Abraham Lincoln in the State Dining Room. But they are furloughed, staying home without paychecks as Trump fights with Congress over funding the federal government. The White House said Trump himself

sprang for what he pronounced to be "great American food" for the visiting Clemson Tigers, winners of the U.S. college football championship. "We have pizzas, we have 300 hamburgers, many, many French fries, all of our favorite foods," Trump told reporters, as one White House worker still on the job lit tapered candles. "I want to see what's here when we leave, because I don't think it's going to be much," Trump said, before the players, dressed in dapper suits, flooded the room and piled their plates high.

## EGG BECOMES THE MOST 'LIKED' INSTAGRAM POST

In this photo, a mobile phone shows the image of an egg posted on Instagram on Monday from Paris. The photo of the egg, published via the account @world\_record\_egg, became, over 10 days, the most "liked" photo in the world with more than 33 million likes, which makes it the most liked image in the history of the social network. The record previously was held by American star Kylie Jenner.



GETTY IMAGES

## CHINA COURT SENTENCES CANADIAN TO DEATH

A Chinese court on Monday sentenced a Canadian man to be executed for drug smuggling, prompting Canada's Prime Minister Justin Trudeau to accuse China of using the death penalty arbitrarily. The ruling, and Trudeau's reaction, could aggravate already sour relations between Beijing and Ottawa following the arrest of a Chinese executive in Canada and China's subsequent detention of two Canadians. The Dalian Intermediate People's Court in China's Liaoning province re-tried Robert Lloyd Schellenberg,

who had appealed his original 15-year prison sentence, and decided on execution, the court said in a statement. Schellenberg was told in court he had the right to appeal to Liaoning High Court within 10 days upon receiving the ruling, the intermediate court said in a second statement. "It is of extreme concern to us as a government, as it should be to all our international friends and allies, that China has chosen to begin to arbitrarily apply (the) death penalty ... as in this case," Trudeau told reporters in Ottawa.

## WHITE SUPREMACY COMMENTS COST REP. KING

Senior Republicans in the U.S. House of Representatives moved on Monday to strip Congressman Steve King of his committee assignments after the Iowa Republican gave a media interview in which he questioned why white supremacy is considered offensive. The decision by the House Republican Steering Committee to remove King from his posts on the Judiciary, Agriculture and Small Business committees must be ratified by the full caucus of House Republicans. The move comes as several House Democrats filed censure motions against King after he told the

New York Times in an interview published last week: "White nationalist, white supremacist, Western civilization — how did that language become offensive?" King, who has a history of making statements that critics have condemned as racist, said in a statement that his comments in the Times interview were "completely mischaracterized" and the committee's decision was "a political decision that ignores the truth." House Republican leader Kevin McCarthy said in a statement that King's remarks were "beneath the dignity" of the party and the country.

### STATS

FORBES WORLD BILLIONAIRES LIST 2018

## IS MACKENZIE BEZOS GOING TO BE THE RICHEST WOMAN IN THE WORLD?

Net worth of the wealthiest females in 2018 (in billions of U.S. dollars)



1. Alice Walton  
Age: 69  
Country: USA  
Overall fortune: 46.0  
Walmart



3. Susanne Klatten  
Age: 56  
Country: Germany  
Overall fortune: 25.5  
BMW, pharmaceuticals



2. Françoise Bettencourt Meyers  
Age: 65  
Country: France  
Overall fortune: 42.2  
L'Oréal



4. Jacqueline Mars  
Age: 79  
Country: USA  
Overall fortune: 23.6  
Mars

GETTY IMAGES



## NEWS



As the government shutdown reached its fourth week, Washington had its first big snowstorm of the year. GETTY IMAGES

# Government shutdown drags into fourth week amid stalemate

No signs of budging from the president.

President Donald Trump on Monday rejected a Republican call for temporarily reopening shuttered U.S. government agencies in order to encourage negotiations with Democrats on border security issues, as a partial government shutdown limped through its 24th day.

About one-quarter of federal operations have been partially closed by a lack of funding since Dec. 22, after Trump demanded \$5.7 billion this year from Congress for building a security wall on the southwest U.S. border.

At a speech to an American Farm Bureau convention in New Orleans, Trump again urged Congress to grant him the money, saying drones, sensors and other technology cannot do what a wall can do to stop illegal border crossings.

Farmers, a key bloc of Trump supporters, have been hit by the shutdown as federal loan and farm aid applications have stalled and key farming and crop data has been delayed.

"If you want to help farmers, reopen the government," Senate Democratic Leader Chuck Schumer said in a Twitter posting.

The number of airport security screeners not showing up for work continued to rise since the start of the disruption. Most Transportation Security Administration workers were required to report to work but they are not being paid due to a lack of funds.

TSA spokesman Michael Bilello on Monday said TSA had a 7.6 percent unscheduled absence rate nationally, compared to a 3.2 percent rate a year ago.

Many security officers "are understandably

looking for other work to make ends meet, House of Representatives Homeland Security Chairman Bennie Thompson, a Democrat, said in a statement.

Democrats, who control the House, have rejected Trump's \$5.7 billion demand, as have Senate Democrats who are needed to pass most legislation in the chamber even though Republicans hold a majority.

On Sunday, Republican Sen. Lindsey Graham urged Trump to reopen the government for a short period of time in an effort to restart talks. It is an idea that Democrats have been promoting for weeks.

"That was a suggestion that Lindsey made but I did reject it," Trump told reporters as he left the White House for Louisiana. "I want to get it solved, I don't want to just delay it."

The partial shutdown is the longest in U.S. history and has seen Trump lurch from one idea to another in an attempt to secure money for building a wall that he argues is needed to secure the United States against illegal immigrants and drugs.

Democrats say there are cheaper, more effective ways of enhancing border security than constructing a wall that could cost well beyond \$25 billion. They have offered \$1.3 billion in new border security funds this year to help pay for a range of high-tech and other tools at the border.

When he ran for president, Trump said Mexico would pay for the wall, but its government has refused. More recently, he has suggested that a renegotiated trade deal with Mexico could bring in the revenues needed to build the wall or that military funds and U.S. soldiers could be utilized.

REUTERS

**DISCOUNT ELECTRONICS** discountelectronics.com  
4.7 ★★★★★ 93% Positive (341 reviews)

**SAVE 70% ON DELL LAPTOPS AND COMPUTERS EVERY DAY**

**Dell Latitude 7370 M5-6Y57 13" Quad HD Touch Ultrabook**

You can buy this laptop brand new for \$1,743 and it would be worth every penny you spent. Or you

could buy it from DiscountElectronics.com refurbished with a one year warranty and it will be worth 350% of every penny you paid.

We've been saving New Yorkers 70% on

Dell Laptops for over 20 Years. Get this incredible ultrabook

for just **\$495.**

DiscountElectronics.com/Metro



Introducing the Dell V130 Ultrabook with a Core i3 CPU

Order yours today and we will deliver it to your door

for \$12 and, we will warranty it for a year, free.

**\$165**

DiscountElectronics.com/METRO metro@DiscountElectronics.com 212-567-8646

How do we do it? I'll tell you. In our 21 years in business, we have made a lot of relationships with financial institutions. When the fortune 500 companies turn in their nearly new PCs at the end of their lease the lenders send them to us by the truckloads. We sell them at a modest profit to schools, businesses, and consumers. Once you order, our team builds your recertified PC or laptop exactly the way you want, fast. Then you tell your friends and they buy one. BTW, you won't find us on Amazon or eBay. We only sell direct. This keeps our costs low and allows us to give you a better price. Everyone pays the same price, every day.

# 'Miracle on the Hudson' still miraculous to responders on 10th anniversary

It's been a decade since NY Waterway crews helped rescue passengers from US Airways Flight 1549.



KRISTIN TOUSSAINT  
kristin.toussaint@metro.us

When NY Waterway Captain Manuel Liba first saw US Airways Flight 1549 descending toward the

Hudson River, he wasn't sure what to make of it, but he quickly knew he had to act. It was around 3:30 p.m. on Jan. 15, 2009, the date now known for the "Miracle on the Hudson."

Liba, who was pilot-

ing the Moira Smith ferry that day, was preparing the NY Waterway vessel in a Weehawken, New Jersey, marina for its 4 p.m. shift when he saw the plane, helmed by American Airline captain Chesley Burnett "Sully"

Sullenberger III, dangerously low in the sky.

Even though 10 years have passed since that afternoon, "that moment is still very, very vivid in my mind," Liba said.

It looked like "a giant spaceship," he recalled, and said he remembers thinking, for a split-second, that the whole thing might be part of a training.

"But then the plane impacted on the water, there was a big splash, and the next thing you see, the doors from the plane just popped open and people just jumped out," he said. "At that moment it clicked: This is serious."

With his vessel ready to go, Liba hopped into action, taking the lines off and making a quick call to management.

"I told them, 'There's a plane in the water and we gotta go there,'" he said. "I could see [people] jumping in the water. I just knew we gotta get them out of there."

That day, the Hudson River water was about 35 degrees Fahrenheit and the air temperature, about 20 degrees. The 155 passengers needed to be rescued as fast as possible, and NY Waterway was first on the scene.

Captain Vincent Lombardi on the Thomas Jefferson vessel got there first, boarding passengers from the plane's right

wing. Liba steered toward the left wing, his crew threw down the overboard ladder and they helped 14 people up to their deck.

In total, seven NY Waterway ferries saved 143 people. The U.S. Coast Guard and the New York City Fire Department rescued another 12.

**"I told them, 'There's a plane in the water and we gotta go there.' I could see [people] jumping in the water. I just knew we gotta get them out of there."**

Captain Manuel Liba

It all happened so quickly, but 10 years later, the Miracle on the Hudson retains all its miraculousness to Liba, now 59 years old. When remembering that day, he ticks off all the other ways the stars aligned: there was no wind, there were no ice chunks in the middle of the river, and it was before rush hour traffic, when dozens of boats zip across the Hudson.

Arthur Imperatore, president and founder of NY Waterway, also believes there was more than one miracle that day.

"One miracle was Sullenberger, who was

## Heavy Periods due to Uterine Fibroids?

### If You Suffer From Any of These FIBROID Symptoms...

- Bleeding Between Periods
- Heavy Bleeding
- Reproductive Dysfunction
- Pelvic Pain
- Protruding Belly
- Bloating
- Frequent Urination
- Constipation

### ...Then Consider Uterine Fibroid Embolization (UFE)

- Minimally invasive & non-surgical
- Short recovery and no hospitalization
- Covered by Medicaid & most insurance plans



Don't Hesitate, Call Today! **718-504-6414**

#### QUEENS

116-02 Queens Blvd E F M H  
Forest Hills, NY 11375

30-33 Steinway J Q M R  
Astoria, NY 11103

162-03 Jamaica Ste 200  
Queens, NY 11432 E G S F

#### LONG ISLAND

260 Sunrise Hwy #102  
Valley Stream, NY 11581

#### MANHATTAN

122 Fulton St A C D E 2 3  
Manhattan, NY 10038

1264 St. Nicholas Ave A C 1  
Washington Hts, NY 10026

#### BROOKLYN

2444 86th St. Ste A D  
Brooklyn, NY 11214

924 Flatbush Ave. O B 2 5  
Brooklyn, NY 11226

2965 Ocean Pkwy #200 O B  
Brighton Beach, NY 11235

#### BRONX

5221 Broadway 1  
Bronx, NY 10463

384 E 149th St. # 201  
Bronx, NY 10455 2 5

2157 White Plains Rd  
Bronx, NY 10462 O 2 5

#### FOXHURST

947 Southern Blvd., Bronx,  
NY 10459 (Now Open)

#### FORDHAM

11 E. Fordham Rd., Bronx,  
NY 10468 (Coming Soon)

USA  
FIBROID  
CENTERS

www.USAFibroidCenters.com



Passengers, crew of US Airways Flight 1549 celebrate fifth anniversary of "miracle" landing, in 2014.





Rescue crews surround the US Airways plane where passengers can be seen being rescued on the Hudson River.

GETTY IMAGES

highly skilled and highly trained," said Imperatore, now 93 years old. "The second miracle was that we were in the right place."

Lucky for the passengers, but the idea that his company and his captains did something heroic doesn't really stand out for Imperatore. Including the Miracle on the Hudson, NY Waterway has saved around 300 people from the Hudson River in its 32 years of operation, reacting to everything from capsized boats to suicide attempts.

## 300

NY Waterway has saved around 300 people from the Hudson River in its 32 years of operation, reacting to everything from capsized boats to suicide attempts.

"That's our business," Imperatore says. "We just do it."

Safety and training have always been so es-

sential to the ferries, Imperatore said, that the Miracle on the Hudson didn't really change how NY Waterway operates, though he said the crews never stop training, preparing and trying to get better.

Liba, still an NY Waterway captain 10 years later, echoed that sentiment. Captains routinely train, and he's more prepared now than on Jan. 15, 2009, when he was just three years into the job — but he hopes such an incident never happens again.

Still, he said he remembers the Miracle on the Hudson fondly for the impact it had on the world. Though it was undoubtedly traumatic for the passengers (all of whom survived) and others involved, the immense response to help was heartwarming, he said.

"You could feel it, just the way people were responding. It felt like ... America, somehow, was on one page," he said. "If we really put ourselves together, I think things can just be better."



GETTY IMAGES

## CARING HAS A PLAN.

She has a name.  
Her health plan  
actually knows it.

SEE WHAT'S POSSIBLE  
WHEN HEALTH CARE  
GETS PERSONAL.



## VILLAGE CARE MAX

**\$0** plan premiums\*

up to **\$150**

monthly over-the-counter card

\* Premium, co-pays, coinsurance and deductibles may vary based on the level of Extra Help you receive. Please contact plan for further details.

Are you getting the most out of your Medicare plan?

MEDICARE HEALTH INSURANCE

Name/Nombre  
JOHN L SMITH

Medicare Number/Número de Medicare  
1EG4-TE5-MK72

Entitled to/Con derecho a  
HOSPITAL (PART A) 03-01-2016  
MEDICAL (PART B) 03-01-2016

Coverage starts/Cobertura empieza



villagecaremax.org

Call to enroll or make an in-person appointment

**1-800-469-6292 (TTY 711)**

8 am to 8 pm, 7 days a week

VillageCareMAX is an HMO plan with Medicare and New York State Medicaid contracts. Enrollment in VillageCareMAX depends on contract renewal. Service area includes the following counties: Bronx, Kings (Brooklyn), New York (Manhattan) and Queens. For accommodations of persons with special needs at meetings, call 1-800-469-6292 (TTY: 711). VillageCareMAX complies with Federal civil rights laws and does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. ATTENTION: Language assistance services, free of charge, are available to you. Call 1-800-469-6292 (TTY: 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-469-6292 (TTY: 711). 注意: 如果您使用繁体中文, 您可以免費獲得語言援助服務。請致電 1-800-469-6292 (TTY: 711).

H2168\_MKT19-14\_M Accepted

# Signal delays affected 92 percent of morning rush hours on MTA last year

No surprise to commuters, Riders Alliance revealed a spike in signal problems that's delaying NYC subways.



KRISTIN TOUSSAINT  
kristin.toussaint@metro.us

Anyone who relies on the MTA to get around during rush hour has experienced a morning commute that didn't go as smoothly as planned. A new report details just how common New York City subway delays are.

More than 90 percent of all mornings in 2018 were plagued with signal problems that caused New York City subway delays, according to a new report released Monday by Riders Alliance.

Riders Alliance on Monday released its analy-

sis if MTA data on signal issues and found that out of 251 morning rush hours in 2018, 230 — or 92 percent — had signal problems that caused subway delays.

That total of morning rush hours comes from the number of non-holiday weekdays throughout the year, per Riders Alliance. For reach of those days, the group looked at archived MTA service alerts, singled out the ones concerning "signal problems" and tallied them by month and by subway line.

Riders Alliance defines morning rush hour on the New York City subway as from 6 to 10 a.m. on non-holiday weekdays. According to the MTA, more than 5,580,000 people ride the subway on an average weekday, though that number isn't separated into rush hour or off-peak



Lower-income New Yorkers are affected more by subway delays, according to a new report. ROMAN KRUGLOV/FICKR

ridership.

January and February were the worst months in 2018 for New York City subway delays, according to the report, with signal delays every single rush hour morning.

These subway delays don't affect every single train line at once, but straphangers who rely

on the F train bore the brunt of these MTA issues. Riders on that line experienced subway delays stemming from signal issues on 72 total mornings, or more than a quarter of all morning rush hours in 2018.

Six other subway lines saw more than 50 days with rush hour signal de-

lays (or 20 percent of all work days) per the report, and another 10 lines had more than 30 days with signal delays.

The Subway Action Plan, which kicked off in July 2017, promised visible subway improvements on issues like delays and derailments within one year, but Riders Alliance says that plan isn't working well enough.

To reduce subway delays, the organization is calling on state officials to endorse and fund the MTA Fast Forward plan, which aims to modernize New York City transit for a cost of about \$40 billion.

The Fast Forward plan would retrofit New York City subway lines with communications-based train control, a "state-of-the-art" signal system," according to the MTA, over a 10 year period. This requires new

or upgraded subway cars and would allow trains to run closer together and more reliably, the transit authority says.

## \$40B

To reduce subway delays, Riders Alliance is calling on state officials to endorse and fund the MTA's Fast Forward plan, which aims to modernize New York City transit at a cost of about \$40 billion.

"The MTA's proposed upgrades are essential to meeting contemporary expectations for transit service and restoring New Yorkers' trust both in the transit system and the elected leaders who determine its fate," the Riders Alliance report reads.



## Affinity Health Plan

Think you can't afford coverage?

## THINK AGAIN.

Pay as little as \$0 a month.

## Ask us about the Essential Plan.



866.206.1741 (TTY 711) [AffinityPlan.org/EP](https://AffinityPlan.org/EP)



# The Powerful ( and little known) Back Pain Treatment Used By Smart New Yorkers Who Don't Want Back Surgery or Opioid Drugs

**NEW YORK CITY** - A major back pain relief opportunity is at hand. But if you are interested, you must act quickly.

**Here is why:** Back pain ruins lives... and puzzles doctors.

You go through so many exams and tests... and treatments... and only end up suffering and frustrated.

And everyone is quick to say they have the "new breakthrough solution."

Am I right?

Well, the fact of the matter is... treating back pain is difficult. But advances in modern medical science and technology have created a treatment that has gotten great results with countless back pain sufferers who had tried everything else. Many had given up hope.

**This treatment is called:**

"Radiofrequency Neurotomy." RF for short. And here's how it works...

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your back or neck and one of their jobs is to sense PAIN.

Radiofrequency waves delivered to these nerves under advanced precision medical imaging to target the damaged areas... done right in their own clinic without intimidating, expensive hospitals or surgical centers ... to "block" the painful nerve flow.

**Two steps in the formula are performed.** First, a test or diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function. If this first "test" procedure is successful, RF Neurotomy or "Radiofrequency" will be performed for longer term relief.

NOT just the Treatment alone that's the key ingredient.

*You see, the real secret is the formula.* And that again starts with a proper screening evaluation to determine if you are a good candidate and may achieve the results you are looking forward to. This is always Step number one.

**And the best part about this screening is... It's FREE**



## FREE screening available for powerful back pain treatment

This screening will give you so much relief just knowing what is going on... and what your best options are.

That's right. *NYC Pain MD* offers this first step screening at no cost to patients. The only problem is... they often get over 100 inquiries a day as they also treat almost every painful area and joint. Sometimes it's hard to get through. If you don't get through to someone when you call... keep calling... or leave a message... it will be well worth it.

### But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you will understand completely. Not all complex "doctor talk"...

This may be one... or a combination of the advanced medical treatments offered at *NYC Pain MD*.

Everything will be explained and all your questions will be answered. And even better:

You will be given all this At NO COST. *NYC Pain MD* doc's are not like used car salesman. They will not be giving you a sales pitch. They are doctors and will give you the best possible options to help your pain and offer to help you the best way they can. In fact, with up to 100 inquiries a day from patient's looking for relief, it's often hard to even get a treatment spot.

**You should also know this:** While *NYC Pain MD* cannot help everyone...

so many have gotten the pain relief they were looking for.

One of the reasons they offer those first step free screenings, is because it has opened the door to so many people to get help that they never would have otherwise.

At the very least, you will finally have some direction and a plan. And... whether you have the best, worst or no insurance at all, *NYC Pain MD* programs can be made affordable to everyone.

They do not want insurance issues... or not being rich or famous... to keep you away if you are suffering in pain.

### How To Schedule Your Risk-Free No-Obligation Screening Evaluation

There is a whole lot more I could say about their treatments etc... but this space is limited and that's best left for you and the doctors to discuss in person.

So... if you are even remotely interested ... take the first step and give them a call at **877-245-9252** and ask for your free screening.

One more thing... We often get over 100 calls in a single day. For that reason, if when you call you do not get a live scheduling coordinator, make sure to leave your name, number and time of your call on our voicemail. They will get back to you as soon as possible. Again, the number to call is **877-245-9252**. More info at: [painmdny.com/back-pain](http://painmdny.com/back-pain)

# QUALITY DENTURES THE SAME DAY

NY's Place for same day dentures for over 40 years.

*Smile with Confidence*



**NEW PATIENT  
PACKAGE**  
MAINTENANCE  
CLEANING  
DIGITAL X-RAYS

**\$89**

With This ad only. One per patient.  
First visit only. Coupon expires 2/15/2019  
\*some restrictions may apply

**NEW PATIENTS  
Only**  
**ONE  
DENTURE  
RELIN**

**\$194**

With This ad only. One per patient.  
First visit only. Coupon expires 2/15/2019  
\*some restrictions may apply

**\$100 off\***  
each  
**NEW  
denture!**  
EXP: 2/15/2019

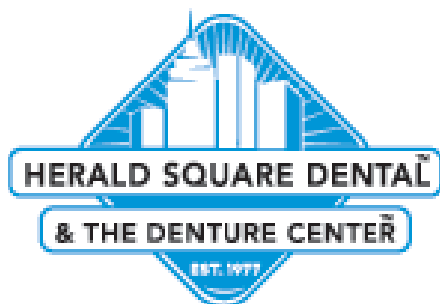
## FREE CONSULTATION

**DENTURE REPAIRS AND RELINES  
WHILE-U-WAIT!**

**MOST INSURANCE PLANS WELCOME**

**SENIOR Cit. Discounts\***  
**on new dentures and crowns**

**Full Service State-of-the Art  
Cosmetic Dentistry**



**224 West 35th St., New York, NY**  
16th Floor (between 7th and 8th Avenues)

**Call Now! 212-689-0024**

**www.denturecenter.com**

Cannot be combined with other offers \*not to be combined

## FedEx to pay \$35.4M to end NY lawsuits over illegal cigs

Both the state and city accused the company of shipping millions of untaxed cigarettes to residents over a decade.

FedEx Corp. will pay \$35.4 million to settle three lawsuits in which New York state and New York City accused the company of shipping millions of untaxed cigarettes to residents over a decade.

The settlement, announced on Monday, came after a judge ruled last Oct. 15 that FedEx had knowingly violated a federal anti-cigarette trafficking statute and a 2006 agreement with the state not to ship cigarettes to people's homes.

New York officials said FedEx's conduct undercut their efforts to protect public health by curbing smoking, and cheated the state and city out of tax revenue from cigarette sales.

They said FedEx knowingly shipped cigarettes on behalf of such companies as Kentucky-based Cigarettes Direct To You and Long Island-based Shinnecock Smoke Shop.

"Not only did FedEx violate laws created to protect the public from the serious health risks associated with cigarettes, but they also swindled New York City and State out of millions of dollars in tax revenue," state Attorney General Letitia James said in a statement.

Zachary Carter, New York City's corporation counsel, accused FedEx of shipping cigarettes "for the worst of reasons — profit."

The settlement agreement requires Memphis, Tennessee-based FedEx to stop domestic shipments of cigarettes with "limited" exceptions, punish workers who knowingly arrange such shipments, and hire an independent consultant to monitor its compliance.

FedEx did not admit or deny wrongdoing in entering the two-year agreement, which can be extended upon a material breach.

The company had no immediate additional comment.

In the Oct. 15 rul-

## Black and Hispanic Male Cigarette Smokers Needed for a Research Study



**Black and Hispanic men  
(age 35-60)**

**who smoke cigarettes**

needed for a research study involving answering questionnaires and completing performance tasks during normal business hours.  
Earn \$180-\$210, depending on the number of visits.

**Call (646) 774-6104**  
for information. Confidential.





A FedEx (Federal Express) truck and driver delivers packages in downtown San Francisco.

GETTY IMAGES

ing, U.S. District Judge Edgardo Ramos in Manhattan said it was “beyond doubt that certain FedEx employees knew that FedEx was shipping unstamped cigarettes,” and held the company responsible for that knowledge.

The settlement came after U.S. District Judge Katherine Forrest in Manhattan ordered United Parcel Service Inc. in May 2017 to pay the state and city \$247 million in damages and

## \$247M

The settlement came after U.S. District Judge Katherine Forrest in Manhattan ordered United Parcel Service Inc. in May 2017 to pay the state and city \$247 million in damages and penalties in a similar case.

penalties in a similar case.

A federal appeals court will in March consider UPS’ appeal of that award, which the company said resulted from a “cavalcade of errors” by Forrest, who is now in private practice.

Cigarette prices in New York are among the highest in the United States. New York City last year set a minimum price of \$13 per pack, and this month banned cigarette sales at pharmacies.

REUTERS

# YOUR LEGS DON'T HAVE TO SUFFER!



- ❑ VARICOSE VEINS
- ❑ SPIDER VEINS
- ❑ LEG ULCERS
- ❑ LEG SWELLING
- ❑ BURNING
- ❑ ITCHING
- ❑ RESTLESSNESS

**Personal & discrete care**  
delivered directly  
by Ronald Lev, MD

**Certified** by the American  
Board of Venous and Lymphatic  
Medicine

**We Accept** Most Health  
Insurances including Medicare

**Minimally** invasive procedures

**Trust the doctor  
that cares about you!**  
**CALL TODAY!**  
**212.204.6501**



111 John St, Ste 1450  
New York, NY 10038  
369 Lexington Ave, Ste 18A  
New York, NY 10016

**TreatmentsOfManhattan.com**  
DRLEV@TREATMENTSOFMANHATTAN.COM



**“If you are looking for more than  
‘just a job’ and want to make  
a real difference in your  
community, consider becoming  
a Probation Officer.” #joinDOP**

**NYC PROBATION is Hiring**

Apply Online: Jan 2 – 22

Visit: **nyc.gov/joinDOP** for details  
**Strengthening Communities. Changing Lives.**

DOP is an equal opportunity employer. For language interpretation services, call: 212-510-3740



Gov. Andrew Cuomo has already announced a handful of bills he will address in his State of the State speech. GETTY IMAGES

# What to expect from Cuomo's State of the State 2019

The governor wants to pass a plastic bag ban, expand speed cameras, and expand bottle recycling.



WILL DRICKEY  
will.drickey@metro.us

and reduce contamination in the waste stream.

## State of the State: Finally Democrat

Cuomo originally tried to pass his plastic bag ban in April, but was stymied by the then-Republican State Senate. The other proposal he has announced ahead of his speech have had a similar history.

New York City had installed speed cameras in 140 school zones as early as 2013, intended to discourage reckless driving in areas around children. By the end of the 2018 legislative session, however, the Republican-controlled Senate had not voted to extend the program.

"There is indisputable evidence that speed cameras save lives, and as public servants we must use every available tool to protect our children," Cuomo said. "I declared a state of emergency before the start of the school year to temporarily keep the cameras operating."

Cuomo's proposed bill would not only extend the program but expand it to represent 150 more school zones, topping off at 290 in total.

"With this new proposal we will not only reinstate the program the way it should have been done in the first place — we will also expand the number of cameras to protect more children and prevent needless tragedies and heartbreak," Cuomo stated.

## On the table: MTA takeover

Robert Mujica, Cuomo's director of the budget, released a statement on Sunday expressing the state executive's intention to assume control over the entirety of the MTA, citing bureaucratic inefficiencies in its administration.

"No other governor or mayor has ever been willing to accept responsibility," Mujica wrote. "History shows most work to deny connection with the MTA altogether. The governor will step up, even if not politically in his best interest."

On Tuesday at 2 p.m., Gov. Andrew Cuomo will give his State of the State address, as well as give his executive budget for the next year. So far, he has announced a few of the measures to be touched on, including a plastic bag ban and an expansion of NYC's speed camera program.

"While the federal government is taking our environmental progress backward and selling out our communities to polluters and oil companies, in New York we are moving forward with the nation's strongest environmental policies and doing everything in our power to protect our natural resources for future generations," Cuomo said.

According to the New York Plastic Bag Task Force, the state goes through 23 billion single-use bags per year, which don't biodegrade as paper bags do. These bags pile up in landfills and oceans and don't decompose, meaning that the problem only grows worse over time. Cuomo promised to work with low- and medium-income communities to reduce the ban's impact by providing reusable bags and allowing exemptions to the ban in some cases.

In addition to reducing plastic bag waste, Cuomo intends to expand New York's "bottle bill" to include most non-alcoholic beverage bottles, including sports drinks, energy drinks, coffee and tea. This allows diligent New Yorkers to recycle many more plastic bottles for their five-cent deposit.

"Promoting recycling, reducing waste, and helping end the blight of plastic bags littering our environment are top priorities," said Department of Environment Conservation Commissioner Basil Seggos. "Proposals to ban plastic bags and expand the bottle bill will bolster New York's ongoing efforts to improve recycling markets

## WEIGHT LOSS STUDY



## GET PAID!

### WALK INS WELCOME

**Manhattan -**

**59 E 54th St, Rm 93, New York, NY 10022**

**646-625-3011**

**yannett@nycclinicaltrials.com**

**Brooklyn -**

**50 Court St, Rm 1002, Brooklyn, NY 11201**

**516-545-0951**

**karina@nycclinicaltrials.com**

**ClinicalTrials.NYC**



# TWA Hotel donates sand — lots of it — to Sandy-ravaged Jamaica Bay shoreline

More than six years on, New York City is still recovering from Hurricane Sandy, but now one restoration project in the works has received a special donation of sand for the Jamaica Bay shoreline.

MCR and MORSE Development, the hotel operator behind the TWA Hotel at JFK Airport, has donated 74,000 cubic feet of sand to the National Park Service to benefit the Spring Creek South Storm Resilience and Ecosystem Restoration Project.

That project will create a protective berm, or raised barrier, that will stabilize the Jamaica Bay shoreline, protect Howard Beach from storm damage and flooding, and restore the native habitat to Spring Creek Park, a wildlife refuge in the Gateway National Recreation Area.

The bundle of clean sand, which TWA Hotel called a "special delivery" to Queens, is worth \$5 million, Queens Borough President Melinda Katz said in a statement.

"Spring Creek Park is an ideal destination for those who love nature, but it also has the potential to be the borough's first line of defense against storms that threaten to flood surrounding communities," she said. The donation "will both save taxpayers money and go a long way toward making the TWA Hotel's home borough more resilient in the face of future storms."

The sand was excavated from the site of the TWA Hotel, which is set to open in spring of 2019, to make way for the hotel's 50,000-square-foot events center.

Jamaica Bay and the Rockaways were

some of the most heavily impacted areas during Hurricane Sandy, with storm surges of more than 10 feet striking the shorelines.

The Spring Creek South Storm Resilience and Ecosystem Restoration Project has been much anticipated to better protect that area, said Alex Zablocki, executive director of the Jamaica Bay-Rockaways Parks Conservancy.

The conservancy isn't directly involved with the project (which is managed by the National Park Service) but members have spoken with the National Park Service and other partners about it. The project will restore more than 225 acres of wetland and coastal forest.

"As we face increased threats from climate change and sea level rise, projects that utilize natural areas to protect shoreline neighborhoods while balancing the needs of our delicate ecosystems are key to ensuring resilient parks and communities," Zablocki said in an email.

"The Jamaica Bay-Rockaway Parks Conservancy is grateful for the sizable donation of 74,000 cubic feet of sand for this project by TWA Hotel," he added. "Partnerships like these are critical in balancing the commercial use of Jamaica Bay with the unique urban natural areas within it."

The Federal Emergency Management Agency awarded the New York State Department of Environmental Conservation a \$69.1 million Hazard Mitigation Grant Program for the project. The project will begin construction as soon as FEMA provides approval.

KRISTIN TOUSSAINT



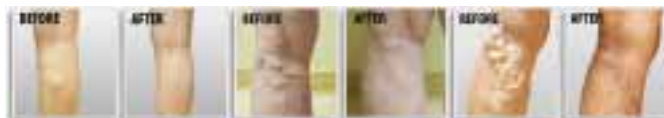
TWA Hotel donated 74,000 cubic feet of sand excavated from its JFK site to the National Park Service. COURTESY OF MCR

## Painful Varicose Veins and Swollen Legs?

**FOXHURST LOCATION NOW OPEN**

**Are you or a loved one suffering from the following symptoms?**

- ☒ Varicose Veins
- ☒ Spider Veins
- ☒ Itching and Burning
- ☒ Leg Pain
- ☒ Leg Cramps
- ☒ Swollen Legs
- ☒ Skin Discoloration
- ☒ Leg Ulcers
- ☒ Blood Clots
- ☒ Difficulty Standing



*We specialize in a wide range of treatment options including care of Peripheral Artery Disease (PAD) and wound care.*

**Covered by Medicare, Medicaid, and most insurance plans**

**Don't suffer another day! Call us now!**

**(917) 717-5135**



[www.USAVeinClinics.com](http://www.USAVeinClinics.com)  
© February, 2017 USA Vein Clinics®. All rights reserved.

### NEW YORK

#### Manhattan

1153 1st Avenue, Manhattan, NY 10065 2 3 Q R W  
122 Fulton Street, Ste 500 New York, NY 10038 A C J Z 2 3

4159 Broadway, New York, NY 10033 A C 1 4 5 6

#### NEW ST NICHOLAS OFFICE

1264 St. Nicholas, Washington Heights, NY 10026 168 St A C 1

#### Brooklyn

#### NEW FLATBUSH OFFICE

924 Flatbush Ave, Brooklyn, NY 11226 Church Ave Q R 2 5

2511 Ocean Ave, Brooklyn, NY 11229 Q R B

2444 86th St, Ste A, Bensonhurst, NY 11214 D

#### NEW BRIGHTON BEACH OFFICE

2965 Ocean Pkwy, Ste 200 Brighton Beach Ocean Pkwy Q B

#### Bronx

5221 Broadway Ave, Bronx, NY 10463 1

#### NEW 149TH STREET OFFICE

384 E. 149th Street, Suite 201, Bronx, NY 10455 3 Av-149 St 2 5

### Upstate NY

NEW 156 Route 59, Ste B1, Suffern, NY 10901

#### Queens

116-02 Queens Blvd Forest Hills, NY 113675 E F M R

30-33 Steinway St, Astoria, NY 11103 N Q M R

40-04 Forley St, Jackson Heights, NY 11373 F E M R 7

59-20 Myrtle Ave, Queens, NY 11385 J M Z L

#### Staten Island

1975 Hylan Blvd, Staten Island, NY 10306

#### Long Island

260 Sunrise Highway, Valley Stream, NY 11581

#### NEW JERSEY

766 Shrewsbury Ave, Ste 300, Tinton Falls, NJ 07724

81 Route 37 West, Toms River, NJ 08755

# How to stay afloat financially in a federal shutdown



NerdWallet is a personal finance website.

When you have a pile of bills and no paycheck, address the essentials first. That means the roof over your head, medicine, food, heat, electricity and — for those who still must report to jobs despite a government shutdown — getting to work.

What can wait? Almost everything else.

Communicating with creditors is key to surviving a federal government shutdown and recovering afterward. Here's a guide to navigating the process if a furlough for federal workers has hit your household.



## How to deal with creditors

Missing one payment on a credit account can knock as much as 100 points off your credit score, and it can take up to three years to fully recover. Sometimes there's no way to avoid that, but it's worth asking lenders if they have programs to help you avoid credit score damage.

First, visit each creditor's website or call the customer service center to see if it has programs in place for furloughed

government workers. Second, if a lender doesn't have a specific furlough program, ask about policies to accommodate short-term disruptions. Finally, you may have to make strategic choices about which bills to pay. Make use of the social services safety net, too. Call 211 or visit 211.org to connect with local assistance programs.

## CREDIT CARDS

If you are able to make your minimum payment, do so, even if it's a bit late. You likely will be charged a late fee, but if you make the minimum within 30 days of the due date, your account won't be reported as "delinquent" to credit bureaus. A delinquent payment damages your credit score — and so does making only a partial payment,

not the full minimum.

If you can't make a payment but are in good standing, call your card issuer to explain. Some may extend your due date, waive the late fee and continue to report a "current" payment status to credit bureaus.

## AUTO LOANS

How or whether your lender will work with you depends on the lender, your situation and the status of your loan. Make contact before you miss a payment, to avoid damaging your credit and risking repossession. The lender may provide options like forbearance or extending your loan term to lower your monthly payment.

Additionally, some large banks and financing companies associated with carmakers have said they're making arrangements to help federal employees, according to Automotive News. For instance, qualified customers of Toyota Financial Services, Ford Credit,

Hyundai Capital, GM Financial and Mercedes-Benz Financial Services may be able to defer payments or have late fees waived.

## STUDENT LOANS

Make a minimum monthly payment if you can. If not, ask your loan servicer or lender about options to lower or postpone payments.

If you have direct or PLUS federal student loans and can't make a payment, contact your loan servicer to request forbearance. Most private lenders offer postponement, temporary payment reduction or other flexible repayment options for borrowers experiencing economic hardship.

When you postpone payments for any reason, interest will typically continue to grow. If you can, make payments on the interest during this time.

When you're getting paid again, contact your lender or servicer to

cancel the rest of your forbearance so you avoid racking up more interest, suggests Betsy Mayotte, president and founder of The Institute of Student Loan Advisors.

The Department of Education and all federal loan servicers are still operating as usual during the shutdown. You can still complete the FAFSA; apply for or recertify an income-driven repayment plan; and submit employment certification for Public Service Loan Forgiveness.

## PERSONAL LOANS

If you've covered your essentials and can still make the monthly payment on your personal loan, you should. Otherwise, call your lender to see if your account is eligible for relief.

Some lenders may offer a flexible payment schedule or hardship plan, or waive late fees. Lenders might also forgo reporting missed payments to the credit bureaus.

## Check Out Our Great CD Rates!

6 Month CD\*

**2.15%**  
APY

1 Year CD\*

**2.50%**  
APY

Visit one of our conveniently located branches to open your account today!

Apple Bank 

Established 1863 · Member FDIC

www.applebank.com

Annual Percentage Yields (APYs) disclosed are effective as of 1/1/2019 and may be changed by the Bank at any time. \*CDs require a \$1,000 minimum balance to open and earn interest. Early withdrawal penalty may apply. CDs must be opened in person at an Apple Bank branch. Offer may be withdrawn at any time without prior notice.



EDUCATION

# EDUCATION GUIDE

- **Why TheDream.US believes everyone is entitled to a proper education. 14**
- **How the Allied Health Career Pipeline Program at Hostos University is helping students get into the workforce. 18**



Division of  
Continuing Education &  
Workforce Development  
Hostos  
Community College

# The Allied Health Career Pipeline Program

CUNY

If you are eligible, our healthcare trainings are **FREE**

## Information Session

Wednesday, January 23, 2019 at 6:00 PM

### Healthcare trainings include:

- Certified Nursing Assistant (CNA)\*
- Health Information Technician (HIT)\*\*
- Home Health Aide (HHA)
- Patient Care Technician (PCT)\*\*  
(PCT is only available to our current CNA students)

\*Licensed New York State Nurse Aide Certification

### Program benefits include:

- Individual case-management
- Certification upon successful completion
- Job placement and internship assistance
- Textbooks and uniform
- National / State exam fees
- Eligible childcare cost assistance

\*\*National Healthcareer Association Certification

**Call Now! 718-664-2548**

or email [Pipeline@Hostos.cuny.edu](mailto:Pipeline@Hostos.cuny.edu) • visit [www.hostos.cuny.edu](http://www.hostos.cuny.edu)

HPOG is a study funded by the federal government which is being conducted to determine how these training opportunities help people improve their skills and find better jobs. During the study, all new eligible applicants will be selected by lottery to participate in these training opportunities. Not all eligible applicants will be selected to participate in these opportunities. This document is supported by Grant #90FX0039 from the Administration for Children and Families, U.S. Department of Health & Human Services (HHS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of HHS.



### Allied Health Career Pipeline Program

427 Walton Avenue, Bronx, NY 10451 | [Pipeline@Hostos.cuny.edu](mailto:Pipeline@Hostos.cuny.edu) | [www.hostos.cuny.edu/Continuing-Ed](http://www.hostos.cuny.edu/Continuing-Ed)

# TheDream.US offers Dreamers a chance at higher education

The scholarship fund just released its applications for the 2019-2020 school year.



PAT KING  
[patrick.king@metro.us](mailto:patrick.king@metro.us)

One of the more alluring parts of the American Dream has always been that our nation is a place for people to come and make a better life for themselves. But for many people, regardless of their country of origin, having the proper higher education is one of the only ways to have any sort of professional momentum. TheDream.US is the nation's biggest scholarship geared toward making sure that a college education is something that is not out of reach for Dreamers and immigrant youth in



People take part in a protest of President Trump's decision on DACA. GETTY IMAGES

our country.

The scholarship recently opened its latest round of applications for the 2019-2020 academic year. These scholarships are worth up to \$14,500 for an associate's degree and \$29,000 for a full bachelor's degree.

These special scholarships will be available to DACA (Deferred Action for Childhood Arrivals) and TPS (Temporary Protected Status) students who meet eligibility criteria. TheDream.US will be putting the money where its mouth is by

committing to awarding \$140 million in scholarships to all accepted applicants.

In New York City, there are currently 714 students attending CUNY schools on full-tuition scholarships from TheDream.US. These stu-

dents have proved that they are ready to make a difference as the average cumulative GPA is 3.2. Many of these students — in fact, 68 percent — hold jobs while attending school, while 87 percent are enrolled full-time.

"TheDream.US scholarship has enabled hundreds of CUNY's Dreamers to pursue their goals and achieve academic success," said Interim Chancellor Vita Rabinowitz in a press release. "We could not be prouder of our Dreamers. The CUNY community values their contributions to our campuses and to our city, state, and nation. The University will continue to nurture the ambitions of its immigrant students as it has done with great pride for more than 170 years."

As we are living in a truly chaotic time in

our country, with our current administration trying to redefine both what it means and who gets access to the American Dream, former publisher of the Washington Post and co-founder of TheDream.US Donald E. Graham is standing with those who want and deserve a chance.

"We remain fully committed to helping Dreamers access a college education," Graham said in the same release. "But, let's be clear, the most powerful commitment continues to be from Dreamers themselves. As described 'In Their Own Words,' and as demonstrated by the record number of scholarship applications TheDream.US received last year, Dreamers hold steadfast to the belief that no one can take a college education away from them."



# MONEY magazine says Touro's NYSCAS is #1. So do our students.



Kurt K. | NYSCAS '18  
Future Network Administrator

Your path to success starts at New York School of Career & Applied Studies (NYSCAS). Students like Kurt choose from more than 45 associate's and bachelor's degree programs at seven convenient locations throughout the metro area. **Choose NYSCAS. A division of Touro College.**

1.855.338.6876 | [NYSCAS.TOURO.EDU](http://NYSCAS.TOURO.EDU)



**NEW YORK SCHOOL OF  
CAREER & APPLIED STUDIES**  
A DIVISION OF TOURO COLLEGE

*Where Knowledge and Values Meet*



Join Fordham's community of inspiring nonprofit changemakers!

## Master of Science in Nonprofit Leadership

Offered by Fordham University's Graduate School of Social Service

- One-year 30-credit program designed for working professionals
- Classes offered online, and at Fordham's conveniently located midtown Lincoln Center campus

**FORDHAM**

212-636-6676  
fordham.edu/npl

### metro monthly education guides

metro is your source for educational content – schools, testing, paths of study, financing options and more.

upcoming dates:

- february 12
- march 19
- april 16



for advertising, contact shari white at 212.457.7824 or [shari.white@metro.us](mailto:shari.white@metro.us), or visit [media.metro.us](http://media.metro.us)

# NYBG

## ADULT EDUCATION

Cultivate your interest in floral design, landscape design, gardening, and more with Adult Education courses at New York Botanical Garden. We offer introductory, intermediate, and advanced classes with expert instructors at our Manhattan or Bronx locations. Join one of our daytime, evening, and weekend classes today!

Learn more and register online at [nybg.org/adulted](http://nybg.org/adulted)

### NEW YORK BOTANICAL GARDEN

LOCATED IN BRONX, NY, JUST 20 MINUTES FROM GRAND CENTRAL ON METRO-NORTH AND IN MIDTOWN, JUST A 6 MINUTE WALK FROM GRAND CENTRAL.







Tuesday, Jan. 22, 6PM–8PM

# WINTER Open House

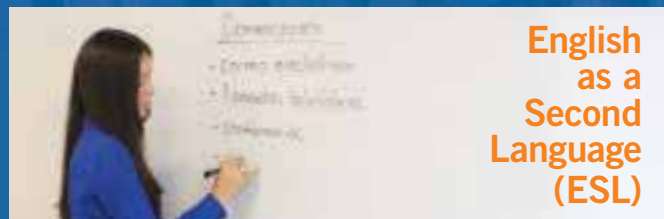
25 Broadway, 8<sup>th</sup> Fl., New York, NY 10004

**RSVP** [www.bmcc.cuny.edu/ce](http://www.bmcc.cuny.edu/ce)

For questions please call (212) 346-8410.



Allied Health



English  
as a  
Second  
Language  
(ESL)



Information  
Technology



Professional  
Development

## Become a Hemodialysis Technician

Train to provide care for patients with kidney disease undergoing dialysis treatment.

- Jobs for Health Technicians and Technologists are expected to increase by 16% from 2012 to 2022 (BLS, 2016)
- Hands on training
- Become eligible to sit for National Certification Exam
- Make a difference in people's lives

### Training Dates

#### Day Schedule

January 26, 2019–April 27, 2019

Saturday, 9:00AM–5:00PM

February 19, 2019–May 14, 2019

Tuesday & Thursday, 10:00AM–2:00PM

#### Evening Schedule

March 26, 2019–July 18, 2019

Tuesday & Thursday, 6:00PM–9:00PM

Tuition: \$2,210



Division of  
**Continuing Education &  
Workforce Development**  
Hostos City University of New York

# THE SKILLS TO DO THE JOB

Transforming Lives and Forging Futures



## Meet NYSED teaching personnel certification requirements through our Child Development courses and Certificate Programs

### Bronx location

Child Development Associate (CDA)  
DASA (Dignity for All Students Act)  
Health and Safety  
Teacher Assistant  
Teacher Assistant Test Prep-NYSATAS  
Training in the Needs of Students with Autism  
Training in the Recognition & Reporting of Child Abuse & School Violence Prevention

### Manhattan location

DASA (Dignity for All Student Act)  
Health and Safety  
Proveedor de Cuidado de Niños  
Teacher Assistant  
Training in the Needs of Students with Autism  
Training in the Recognition & Reporting of Child Abuse & School Violence Prevention

Receive 5% discount with this ad (Use code SAVE METO1)



**One  
College.  
Two  
Locations.**  
Same Exceptional Quality.

### Bronx Open Houses

Saturday, January 26, 2019 11:00am-1:00pm  
Thursday, February 7, 2019 6:00pm-8:00pm  
Saturday, February 23, 2019\* 10:00am-12:00pm

\* Allied Health Career Pipeline Open House is held at 120 E. 149 St., Savoy Multi-Purpose Rm., BX, NY 10451

[www.hostos.cuny.edu/Continuing-Ed](http://www.hostos.cuny.edu/Continuing-Ed)  
718.514.7103 560 Exterior St., Bronx, NY 10451

### Manhattan Open Houses

Thursday, January 24, 2019 5:30pm-8:00pm  
Saturday, February 9, 2019 11:00am-2:00pm  
Thursday, February 21, 2019 5:30pm-8:00pm

[www.cith.online/info](http://www.cith.online/info)  
917.512.2498 5030 Broadway, NY, NY 10034



# Creating opportunities to join the health care industry

The Allied Health Career Pipeline Program at Hostos University is helping students get to work.



**PAT KING**  
patrick.king@metro.us

One thing you will never get from attending a college or university is the guarantee that you will find employment when you finally obtain your degree. It's a cold, hard truth that can be crushing if you are not prepared for that harsh reality when you enter the real world. But, many schools are pivoting their curriculums to focus on networking possibilities in specific fields, so that students can gain enough meaningful hands-on experience, along with valuable connections, to get into the workforce right away. This is exactly what the Allied Health Career

Pipeline Program at Hostos University plans to do with students looking to find employment in the health care industry.

Hostos understands that with the average age increasing in our country, health care has become the fastest-growing industry simply out of supply and demand. So why not prepare students to fill those needed positions? Over a five-year and absolutely free program, students will be trained to become Community Health Workers (CHWs), Health Information Technicians (HITs), Home Health Aides (HHAs), Patient Care Technicians (PCTs), and New York State Certified Nurse Assistants (CNAs). The program also provides individuals who have not earned a high school diploma the chance to earn a health-centric equivalent TASC exam that will give employers a suitable alternative when they are

reviewing their résumés.

The program is geared toward helping students gain employment rather than simply passing their courses. So, with that, the program will provide stu-

**"The unique component, and what Allied Health Career Pipeline Program is, is that it comes with comprehensive support service."**

Evelyn A.  
Fernandez-Ketcham

dents with the tools they will need to stay on track.

"The unique component, and what Allied Health Career Pipeline Program is, is that it comes with comprehensive support services," explains Evelyn A. Fernandez-Ketcham, execu-



tive director of Workforce Development at Hostos. "What that means is that individuals get assigned a case manager. They're provided with MetroCards for transportation and childcare for those that need it. There is follow-through upon completion of the course and passing the test and getting the certification, to transition folks into employment."

The program partners with many different employers near Hostos University's location in the South Bronx so that students will gain first-hand training for the positions that they are learning about. According

to Fernandez-Ketcham, employers are just as excited about the prospect of helping these trainees learn on the job as the students are to learn.

"The employers are engaged," says Fernandez-Ketcham, adding, "We have employers that are a part of our business advisory council. They meet with us on a quarterly basis. The goal is that for the health care component courses, they will provide clinicals. Clinicals are similar to internships, but it's really to prepare students and give them the practical skills [they'll need]. What we've learned over time is that students need that to build their

résumés. Employers give us feedback on our curriculum and come in as speakers. Though not everyone gets jobs at the end, although most do, at least they're involved in the curriculum development, so it's no longer us telling the students what it is the employers are looking for in a potential candidate. Then a student's résumé is built once they've completed not only the occupational training program but also the clinical part. They are able to put that they have participated in a clinical that has given them the hands-on and practical experience, and they're more likely to get hired."



PREPARE TO LEARN • PREPARE TO TEACH • PREPARE TO SERVE

# A UNIQUELY CHRISTIAN ACADEMIC COMMUNITY



NYACK.EDU

212.625.0500  
2 WASHINGTON STREET  
NEW YORK, NY 10004

17 OF NYACK'S 55 PROGRAMS ARE FULLY ONLINE. STUDY FROM ANYWHERE IN THE WORLD!



Pat King  
Grumble Editor

READER WRITE-INS:



### TOO MANY FRAGRANCES ON PUBLIC TRANSIT!

I am a creature of habit. Taking the same-time train from my house, ordering the same breakfast, sitting in the same

seat sometimes. People are always changing. That's not my Grumble, though. It's the humans who sit next to me who had the need to bathe in their fragrances. I can see two

or possibly three sprays. An entire bottle isn't necessary. I eat my sandwich in pure agony because the fumes are going up my nostrils, causing me to gag. — Timothy Crevoiserat,

Metro US reader

**NO FEET ON THE FURNITURE**  
What do you think about people putting their feet up on the seat while riding public

transit and then giving side glances when asked to please put their feet down so others can have a seat? Why should some commuters have to stand when there are available seats? These "seat stealers" are also making their "feet seats" filthy with whatever debris is on their shoes.

Riders of public transit, GET YOUR FEET OFF THE SEAT!

— Bernadette, Metro US reader

**VENT TO US!**  
[GRUMBLE@METRO.US](mailto:GRUMBLE@METRO.US)

## #metrohumble

2009 VS. 2019

A new trend online has people sharing different photos of themselves from 2009 and 2019. Over the weekend, it was nice to look and laugh at some of my friends and how different they look today. It's kind of nice to know that we can all change if we try hard enough. Onward and upward!

— Joe E., Metro US reader



## metro.us/horoscopes

- Aries** Take care of personal business and look for opportunities that will open your mind to alternative ideas. How you process and express what you experience will encourage changes.
- Taurus** If you speak from the heart, you will gain respect and grab the attention of someone who can make a difference in your life. A chance to do something to help others could prove rewarding.
- Gemini** When opportunity knocks, open the door. Don't hesitate to take advantage of a chance to do something new or meet someone special. Embrace the future.
- Cancer** A unique approach to how you do your job and handle associates will make a difference. Trust in your ability to persuade others to do things your way.
- Leo** Put greater emphasis on being your best. Live a healthy lifestyle, get fit and eat nutritiously. A change for the better will lead to success and a better future.
- Virgo** Pay attention to others, listen carefully and respond with interest. How you react to people will pave the way for new opportunities.
- Libra** You may crave change, but someone is likely to stifle your pursuits. Question the motive behind someone's actions, and proceed with the changes that will make you happy.
- Scorpio** If you share your thoughts, you'll get the feedback you need to confirm that you are making the right choices. Don't let someone from your past disrupt your life.
- Sagittarius** Take action and make changes at home that will ease your stress and add to your comfort. An alteration will give you the courage to try something new. Romance is highlighted.
- Capricorn** Address issues that have been plaguing your relationship with a loved one or close friend. Share your thoughts and feelings openly, and find out where you stand. If change is required, make it happen.
- Aquarius** Problems will arise if you haven't stuck to the rules or filed something before the end of the year. Don't wait; address what's gone wrong and move forward.
- Pisces** Be a leader, not a follower. Don't let uncertainty lead to a mistake. Trust your judgment and choose your associates based on their integrity and compassion. EUGENIA LAST

# You can't binge on a couch that makes you cringe.

Don't overpay for a marathon-TV-session-worthy sofa—get a great deal on a comfy spot at the ReStore. Plus, you'll be supporting Habitat for Humanity while you're at it! [www.habitatnyc.org/restore](http://www.habitatnyc.org/restore)



Habitat  
for Humanity

ReStore



Train to Northern Blvd • 646.779.8852

## 20% OFF ENTIRE PURCHASE

Valid through 2/15/19. One per customer. Cannot be combined with other offers.



\$124  
**\$99**  
Light blue  
velvet sofa



# \*\*\*Important Knee Arthritis Pain Alert\*\*\*

## Study Shows Simple Treatment Helps Avoid Knee Replacement Surgery For 75% Of Worst Cases At Least 7.3 Years...

**Free Screenings Offered At NYC Medical Clinic To See If You Qualify For This Proven And Effective Treatment. \*Spots Are Limited Due To High Demand**

NYC - What would it be worth to you if... in just 60 minutes... you could finally discover a way to get relief for your knee arthritis pain?

And...

How would it feel if you could wake up tomorrow morning and some... or even all your pain was gone?

And...

**Wouldn't it be wonderful to start a brand new life and leave all your pain and suffering behind?**

A life where...

...you jump out of bed in the morning, well rested and ready to take on the new day, without pain...

...you don't have to take slow, limping laps around your bedroom just to be able to walk every morning...

...you can go for walks, go up and down stairs and maybe even play sports like tennis and golf again...

...you can finally do all the things and enjoy life (just like everyone else) without constant, nagging pain...

Well... that's exactly what can possibly happen to you if you spend just 60 minutes with us...

*...Because that's all it will take for one of our expert doctors to show you what we believe to be the safest, and most effective knee arthritis pain treatment there is...*

I know you may find this hard to believe. Just about every one does when we tell them about this... at first.

But it doesn't take long for them to turn from skeptic to raving fan as soon as their pain improves so fast.

### Do You Have An Open Mind?

So, I'm not asking you to believe me just yet. All I ask is you approach this and read the rest of this information with an open mind. If you give us a chance, we promise, you won't be disappointed...

### Because There is Proof Real medical proof.

Here it is. A leading Orthopedic Surgeon and knee pain expert was getting excellent results with this non-surgical treatment on his own patients. In fact, this study involved almost 2000 patients followed over 10 years.

And more specifically, he was getting amazing results the way HE was doing this treatment using high tech imaging for precise technique... just like we do it.

And he wanted to prove... beyond a shadow of a doubt... the results he got... were not only REAL... they could most likely work for others just like you.

So he conducted some research, an 11 year project, and is was published in the "Journal of Knee Surgery"... a Real and REPUTABLE medical journal (A copy of this research is available on our website or by mail)

### What were his results

#### and what do they mean for your pain?

In this study he found that 75% of the severe knee arthritis pain patients he treated... and were facing knee replacement surgery... did not need to have knee replacement surgery... and were still OK 7.3 years later!

### This is incredible news for you... and here's why...

The patients in this study were Stage 4 knee arthritis. That's the most advanced and worst stage. These are the cases that are usually sent for knee replacement surgery.

These patients had also gone through the common medical treatments like pain and anti-inflammatory pills, physical therapy etc. and all that had failed.

So... these were the WORST cases of which every thing else had failed ... YET, after this treatment, 75% still did not need knee replacement even more than 7 years later.

**And it gets better.** The study only collected data up to that time. It is pretty safe to say that many may never need surgery.

**Bottom line:** This study clearly showed this treatment is safe and extremely effective even for even the worst cases.

So, even if you aren't one of the worst cases... imagine what it can do for you.

### What IS This Treatment And How Can You Find Out If It Can Help You?

As studied as this treatment is.... you may have an "Oh No!" reaction.

Why? Because there is a very good chance you have heard of it. You may have even given it a try... and NOT gotten good results.

That's because this treatment is actually pretty common now a days. But... and this is a very big BUT... there is a very specific way to apply this treatment (as done in the study) that makes it so successful. And many are NOT doing it this way.

So... please hear us out. This really might be the answer you are looking for.

Ok... here is the treatment and the full scoop on why it works so well... when done THIS WAY.

The treatment is called "viscosupplementation." It is frequently called, "gel treatment." Or "joint oil".

In this treatment, a gel is painlessly injected directly into your arthritic joint. This lubricates the joint, reduces friction... and allows more movement without all the inflammation and "grinding" caused by arthritis.

This is like putting oil on a rusty hinge. Once the oil is applied, the hinge can move much better.

### But here is something you must know:

In that research project, all of the procedures were done with highly advanced imaging to guide the injections and make sure the gel got into the joint space area ultra-precisely.

This is EXTREMELY important... because... research also shows that injections done WITHOUT this imaging to guide them... can miss the joint space about one third of the time.

That means, in one third of the injections, the gel wasn't in the joint space and couldn't possibly work!!!

We feel this is why so many people have tried this treatment and DIDN'T get good results like in the patients in this research.

So, if you have already had this treatment and it didn't work... was it done with this advanced medical imaging?

If not... there is still hope.

In fact, there is a very good chance you can still get relief.

Here is why: NYC Pain MD is a medical clinic located at 65 Broadway Suite 1004 New York, NY 10006.

We have physicians who focus in this treatment... and we use the advanced imaging to make sure the treatments are extremely precise and get the best results possible.

In fact, we have a doctor trained at the University of Pennsylvania School of Medicine, Cornell University and even Harvard Medical School.

### We have the best... but we also make treatments VERY affordable

Just because we offer the best possible treatments and doctors... doesn't mean we



**Study shows this treatment was successful in 75% of knee arthritis pain sufferers... saving them from surgery for at least 7.3 years. Will it work for you? Find out for FREE**

are so expensive only rich people can get our wonderful treatments.

While treatments may be covered by Medicare and some insurances... we also offer pricing plans for as little as \$13.57 per week so patients can finally relieve their pain and try to avoid surgery.

We don't want lack of insurance or money to be the reason you continue suffering.

### Your Special Invitation...

If you have knee arthritis pain... and are even just a little interested in finding out what this treatment can do for you... we are inviting you to come in for a FREE screening appointment.

During this screening, you will get to talk to the doctor... ask questions... and find out if you qualify.

We will go over everything with you... and you will breathe a big sigh of relieve finally having real answers and a specific plan to possibly relieve your pain.

We will leave no stone unturned... and we will help you any way we can.

### Please understand this:

This treatment can possibly take away your pain...

**No matter how long you've been suffering.** It really doesn't matter. It may take a little more time if you've been suffering for years as opposed to a "new" case... but in the end... you can still get tremendous results...

**No matter how bad or helpless you THINK your case is.** Many of our patients thought their case was hopeless, too far gone, for anything to help them. Many of their previous doctors told them that. Well you're NOT. With this treatment... the way our expert doctors do it... there is always hope.

Most of our patients have told us we were their last resort. Last stop before packing it in and completely giving up and submitting to surgery. They soon found out that our treatments made it really easy to get relief... and, best of all...

### You Get To See If You Qualify For FREE

That's right. We want you to see EVERYTHING first hand and to *prove* to you... without a shadow of a doubt... we have the help for your knee pain that you are desperately wanting. And we want to do it without you spending a penny or risking anything to find out.

That's why we are offering you this free screening.

**So my big question for you is** – is the opportunity to wake up tomorrow morning... and every other morning for the rest of your life... with less pain... worth the 60 minutes it will take to be evaluated?

What else could you possibly do with that same 60 minutes that could have such a profound impact on the rest of you and your family's lives?

You know, it's really disappointing to me that so many people just go on living with pain when you don't have to. So many of patients tell us how they used to be in pain... just about every day.

They were in so much pain... they were grumpy and miserable all the time. They hated work. They're relationships were strained. Life was just one big struggle. Now that they've discovered what we will reveal to you at your free screening... all that's changed... Work and family have become rewarding and fun. Life is so much easier and better... in so many ways... without the pain. Finally, things start falling into place the way you always thought they would.

One of the best things or physicians and staff hear is "Hey doc since starting this program I've lost 17 pounds because now that I can finally move around pain-free the weight just keeps coming off!"

Which one of those amazing things I just mentioned would you like to happen to you... right now.

Maybe it's none of the things I've mentioned. But, you do have hopes and dreams. We all do. And pain robs you of

the opportunity to live out those hopes and dreams. Robs you of the life you really and desperately want... and deserve.

Whatever YOUR personal hopes and dreams are... They are all possible if you take action... right now.

All you have to do is give this a chance and schedule for the screening. But then again...

What's also possible is that your pain starts getting worse. And that happens to so many people from just doing nothing.

Taking action may seem like a little work... or... it may even be a little scary for you – but not taking actions is almost always worse. The eight most dangerous words to your future, your health, and your hopes and dreams just may be...

### It Will Just Get Better All By Itself!

Fact is... it may only get worse.

### Here Is How To Get Your Free Screening...

Just call us at 1-877-380-8537 and tell the scheduling coordinator you want your free screening. If you are one of the first 50, it is 100% free. No obligation or strings attached.

There is NOTHING to pay for and you will NOT be stressed in any way. We don't ever do that. You see, is not uncommon for us to get over 100 new patient calls in a single day.

Most are from word of mouth. But we wanted to open up this opportunity to as many arthritis pain sufferers as possible.

But because we get so many calls... we can only take 50 from what you are reading this month.

You have absolutely zero to lose and possibly everything to gain. But due to high call volume, we suggest you call now. 1-877-380-8537.



**1-877-380-8537**

## LIFESTYLE

# 'Corporate' stars compare the dark Comedy Central series to 'Seinfeld'

Co-creators and stars Matt Ingebretson and Jake Weisman know precisely how far they can go.



ANDREW HUSBAND  
drew.husband@metro.us

On Tuesday, two of Comedy Central's most popular series, "Drunk History" and "Corporate," will premiere the first episodes of their latest seasons. The former, which goes first at 10 p.m., has turned into a laugh-out-loud drunk history lesson featuring some of the funniest and best-known comedians and actors working today. As for "Corporate" season 2, which premieres right after "Drunk History" at 10:30

p.m., co-creators and co-stars Matt Ingebretson and Jake Weisman are doing something very different.

This is obviously the case, since the scripted dark comedy doesn't involve feeding celebrity guests alcohol and interviewing them about history. But it's also so much more than that. With "Corporate," and especially with season 2, Ingebretson and Weisman have somehow found a way to make audiences and critics laugh at some of the most prescient satirical humor about the modern American workplace.

So, what should feel like a humorous escape from everyday life is actually the exact opposite



"Corporate" returns for another season tonight.

COMEDY CENTRAL

since it reminds viewers about what they're trying to escape. Then again, they keep coming back, which leaves the

co-creators and co-stars wondering just how far, and how dark, they can go in "Corporate" season 2.

"It's important to note that we're never trying to be dark," Weisman tells Metro. "That's never our goal. Our

goal is to be funny. We just don't want to shy away from the darker subjects, because so much of what's going on in America, at work and in your personal life, is really hard and really dark. To avoid talking about those in a real way is a mistake. So we always want it to be funny, but what we find funny is often considered to be dark by other people.

"A lot of the time," he continues, "in order to surprise audiences, we have to go far out there. Audiences today have seen everything. There's just so much access to comedy. They understand the jokes so well. So sometimes, the only twists and

## NEW YEAR, NEW YOU

SPECIAL \$500 OFF WITH THIS AD

**FRANCIS NY PLASTIC SURGERY**

**114 EAST 71ST STREET • 212-226-0677**

Between Park & Lexington Avenues • [www.francisnyplasticsurgery.com](http://www.francisnyplasticsurgery.com)

Brazilian Butt Lift - Fat Grating  
Buttock Implants  
Calf Implants  
Breast Augmentation  
Breast Lift  
Breast Reduction  
Breast Reconstruction  
Liposuction  
Smart Lipo  
Body Lifts  
Arm Lifts  
Face Lifts - Eyes - Neck  
Tummy tucks - Mini & Full  
Nose Reshaping  
Lip Plumping  
Botox - Sculptra - Juvederm  
Dysports - Restylane - Radiesse  
Affordable Cosmetic Surgery  
0% Financing Available  
Surgical Center On Site  
With Certified Staff  
Quick & Safe Anesthesia  
**FREE CONSULTATION!**



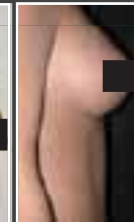
TUMMY TUCK



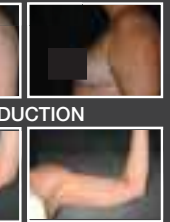
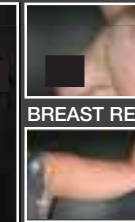
BREAST AUGMENTATION



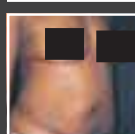
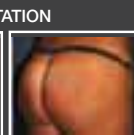
BREAST REDUCTION



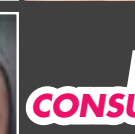
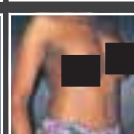
ARM LIPO/LIFT



BUTT AUGMENTATION



MOMMY MAKEOVER



TUMMY TUCK

**FREE  
CONSULTATIONS!**

MODEL

Dr. Kenneth R. Francis - Board Certified Plastic Surgeon: Featured in : "Allure, Glamour, and Inside Edition"





Matt Ingebretson and Jake Weisman talk season 2 of the hit comedy series.

COMEDY CENTRAL

turns that will get them are the craziest things they couldn't think of. Sometimes, what people think is dark is really just the result of good, hard joke writing. That's when you can't see what's coming."

"Corporate" has also been helped by the fact that Comedy Central hasn't wasted any time in supporting Weisman and Ingebretson's efforts, be it with money or casting.

"Comedy Central basically pulled the trigger on season 2 after they started seeing the first edits we sent in of sea-

son 1," says Ingebretson. "That's really uncommon these days. I think they were just excited by the work we were turning in and felt confident that it was going to do well. As for season 2, Pat Bishop, Jake and I felt much more confident about what we were doing. We felt that we were much more able to do better the second time around."

"I think you notice a big difference between the first and second seasons of most shows," he adds. "It's literally just because the creators are learning what the show

is in season 1. After that, they can kind of explore the concept a bit more in the second season."

Ingebretson then compares his, Weisman and Bishop's efforts to the "classic example" of "Seinfeld." "If you watch the first season, it's fine, but it definitely isn't the show that it became. It's a relief whenever a network trusts you enough to let you explore the show and find its voice. Comedy Central is letting us do that, so far."

"Corporate" season 2 premieres tonight at 10:30 p.m. on Comedy Central.

WNYC &amp; APOLLO THEATER PRESENT

## APOLLO UPTOWN HALL

### UNSUNG CHAMPIONS OF CIVIL RIGHTS FROM MLK TO TODAY



Photo credit: Marion S. Trikosko

SUN, JAN 20, 2019 AT 3PM FREE TO THE PUBLIC A COMMUNITY CONVERSATION

APOLLO

WNYC

wnyc.org  
93.9 fm  
am 820

REGISTER IN ADVANCE AT THE APOLLO THEATER BOX OFFICE OR ONLINE

apollotheater.org | @ApolloTheater



@WNYC

#ApolloUptownHall #wnycmlk

# Leg Pain & Cramps While Walking?

Pain while walking or jogging can be a sign of Peripheral Artery Disease (PAD), which if left untreated can cause severe pain, numbness, impotence, non-healing sores... even amputation.



- ✓ Leg pain while walking that stops after few minutes at rest
- ✓ Leg numbness or weakness
- ✓ Foot or toe wounds that won't heal
- ✓ Skin discoloration or shiny skin on the leg
- ✓ One leg or foot is colder than the other
- ✓ Hair loss on your legs and feet

Smokers and people with diabetes or hypertension are more at risk for **PAD**.

PERIPHERAL ARTERY DISEASE IS SERIOUS...DO NOT DELAY TREATMENT!

COVERED BY MEDICARE AND MOST INSURANCE PLANS

## 718-690-3048



Queens - 116-02 Queens Blvd Forest Hills, NY 11375 **E F M R**  
Queens - 30-33 Steinway Astoria, NY 11103 **N O M R**  
Queens - 162-03 Jamaica Ste 200, Jamaica, NY 11432 (Now Open) **E U I S F**  
Brooklyn - 2444 86th Street Ste A Brooklyn, NY 11214 **D**  
Brooklyn - 924 Flatbush Ave. Brooklyn, NY 11226 **O B 2 5**  
Brooklyn - 2965 Ocean Pkwy #200 Brighton Beach, NY 11235 **O B**  
Long Island - 260 Sunrise Hwy Ste 102 Valley Stream, NY 11581  
Manhattan - 1264 St. Nicholas Avenue, New York, NY 10033 (Now Open) **A C 1**  
Manhattan - 122 Fulton St Manhattan, NY 10038 **A C 1 2 3**  
Bronx - 384 E149th Street, Ste. 201, Bronx, NY 10455 (Now Open) **2 5**  
Bronx - 5221 Broadway Bronx, NY 10463 **1**  
Bronx - 2157 White Plains Rd Bronx, NY 10462 **D 2 5**  
Foxhurst - 947 Southern Blvd., Bronx, NY 10459 (Now Open)  
Fordham - 11 E. Fordham Rd., Bronx, NY 10468 (Coming Soon)

www.USAVascularCenters.com © May, 2017 USA Vein Clinics®. All rights reserved.

# Everything you need to know about the 'Temptation Island' reboot



The hit reality series returns on a new network.

USA NETWORK

The hit reality series is back with a new home.

AARON PRUNER

What happens when four uncommitted couples travel to the tropics to test their love by living out their fantasies with 24 sexy singles? That's the basic premise of "Temptation Island" season 4, a reboot of Fox's short-lived series which originally aired from 2001 to 2003. With the help of Banijay Studios North America, USA Network is hoping to recapture the magic, as the romance-themed program helped to kick off a reality-TV trend that shows like "The Bachelor" and "The Bachelorette" have turned into a pop culture phenomenon.

**What you can expect from the "Temptation Island" reboot**  
For the most part, the

series will return as it originally was when the show premiered on Fox back in 2001. At least, that's USA's hope, as the first season of the groundbreaking reality show drew in roughly 16 million viewers each week before the ratings dwindled in its follow-up seasons.

E! Online released details about the couples we'll be following on this journey. There's 28-year-old Evan Smith and 29-year-old Kaci Campbell from Los Angeles, who, according to the site, have "been on and off for 10 years, exclusive for five." We'll have Chicago couple 31-year-old Karl Collins and 25-year-old Nicole Tutewohl, who've "been dating for two-and-a-half years." Twenty-five-year-olds Javen Butler and Shari Ligonis, who are "high-school sweethearts who met when they were 16." Rounding out this group are 35-year-old John Thurmond and 30-year-old Kady Cannon Kram-



"Temptation Island" returns tonight.

MARIO PEREZ/USA NETWORK

beer who, after meeting on Bumble, "have been dating for three years."

Original host Mark L. Wahlberg, who went on to host PBS' long-running "Antiques Roadshow," will return to the tropical locale to comment on the salacious drama as it

unfolds.

"Temptation Island" will consist of 10 episodes and, once again, the program will take place in beautiful Maui, Hawaii.

**"Temptation Island" reboot will boast one distinct differ-**

**ence from the original series**

While everything will look like it did 15 years ago, the one big change coming to "Temptation Island" is that of the tempters themselves. The original series put our hero couples in the midst of a crowd of good-

looking singles out to have a good time. This reboot will still feature a slew of beautiful people — but they're not just looking for a fling, but a committed relationship as well.

According to Reality Blurred, Banijay Studios North America CEO David Goldberg commented on the change, saying they're "genuinely looking for love whose personalities are appealing to the four couples who are questioning the long-term viability of their relationships." This format tweak, they're hoping, will put "Temptation Island" in the same playing field as "The Bachelor" and "The Bachelorette."

If you don't want to wait for the show's official television premiere, you're in luck as USA has released the first episode of "Temptation Island" on the show's official website as well as its YouTube page.

**"Temptation Island" premieres tonight at 10 p.m. on USA.**



## FREE *Live* ENTERTAINMENT

**FRIDAY JANUARY 18**

FDR Drive | 8 PM

Reina | 11 PM



**NEW YORK CITY**



**EXPERT ADVICE**

**CRUISE.COM**

**LOWEST PRICE**



**\*Free Pre-Paid Gratuities, Free Upgrades plus up to \$1700 Onboard Spending & More!**

6-Day U.S./Canada	7-Day Alaska	7-Day Bermuda	8-Day Caribbean	10-Day Bahamas	10-Day Mediterranean
<b>\$479*</b>	<b>\$479*</b>	<b>\$599*</b>	<b>\$659*</b>	<b>\$699*</b>	<b>\$1099*</b>
599* 859*	529* 1079*	739* 1039*	829* 1069*	799* 1149*	1599* 1799*

**800-395-6851**

\*Prices are per person, double occupancy, based on 2 adults sharing a cabin. Prices include taxes, port fees, and gratuities. All prices are quoted in U.S. dollars. All itineraries and prices are subject to change without notice. All exclusive deals are per cabin on select sailings. CST #201599-90



# Gene Simmons: 'We want to leave at the top of our game'

Metro chatted with the Kiss star about the band's "End of the Road" tour.

ALEXEY SHIRINKIN  
letters@metro.us

We all know what "farewell" tours can become. Can you confirm that yours will truly be the last one? Yes. And the reason for this is that I am 69 years old now. I do not want to perform when I am 80.

We are doing the longest tour ever. It will last for at least three years. We will start in January. The first 40 cities are almost sold out. Soon we will add another hundred shows, and then more. We look great, we sound cool, I have not lost my voice. So we will have the best Kiss tour in history!

I love many veterans: Rolling Stones, U2, Paul McCartney. But try telling the guys that they have to wear seven-inch heels. Each shoe weighs 10 pounds; that is 20 pounds on the legs. Add to that another 20 pounds of armor. Imagine flames bursting around. And you have to endure for more than two hours. We could have performed in shirts and sneakers like U2 or the Stones, but we want



GETTY

to leave at the top of our game, and not sing while sitting on chairs!

## What are you doing while preparing for the last tour?

We constantly hold meetings with people who make it happen — producers, designers. And we still have to get in shape!

## You probably can't do a proper farewell without playing the classics.

Of course, we will play the classics. But in general, songs from each decade will sound: '70s, '80s, '90s, zeros. We will even play things from our latest "Monster" record.

We look forward to the start of the tour. We really want to visit places we have never been to.

Why aren't there more

## bands like Kiss nowadays?

Because in the 1990s, music lovers began to download and distribute mp3 files. This is killing new groups! Now there are many who know how to play the drums and the guitar, but they will never have the chance that we had.

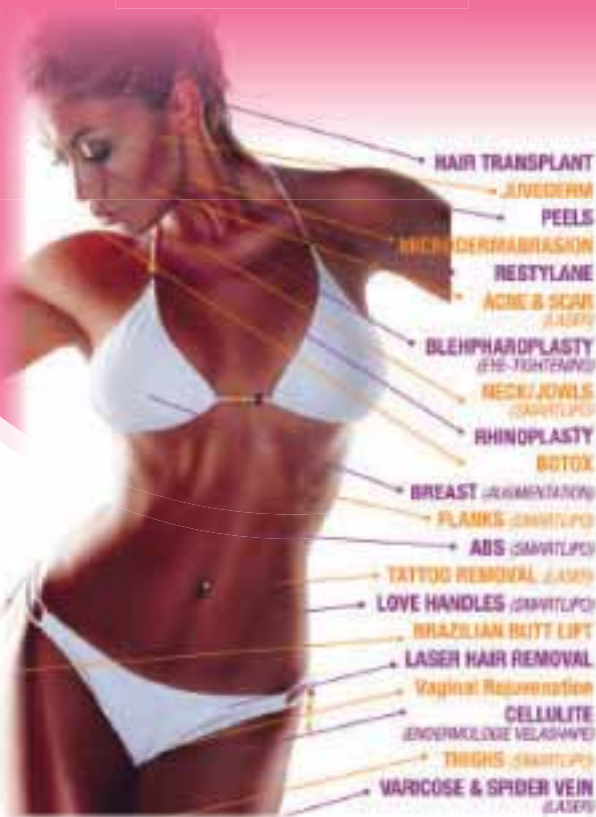
## Everything has become more democratic. Is that bad?

Yes. The best of the best should be at the top, and the worst of the worst should be at the bottom. If you are Picasso, you should not be confused with those who pee on the ground.

## With what would you compare the emotions of a live performance?

It is difficult to describe. As if you were on [Mt.] Olympus and hanging out with the gods. There is no better feeling!

# THE RESULTS SPEAK FOR THEMSELVES!



CALL  
NOW  
FOR A  
SPECIAL  
PRICE

LIPOVIDEO.COM

New York Laser Lipo  
Beauty Center

1 West 34<sup>th</sup> Street, 4<sup>th</sup> Floor #402, NY, NY

212-695-1999

New Year  
New You  
[www.nylaser.net](http://www.nylaser.net)

coolsculpting

Rids Unwanted Bumples  
Permanently  
No Diet • No Exercise  
For Back, Legs,  
Love Handles,  
Buttocks, Arms,  
Belly and More  
**BUY 1,  
GET 1  
FREE**

VASShape II

Reduce Cellulite &  
Tighten Skin  
At The Same Time  
Strongest Cellulite Machine  
in Industry  
**4 for \$299**

MICRONEEDLING

Collagen  
Enhancer  
for Face or  
Neck  
**4 for \$299**

ZERONA

Lose 3-9 Inches in  
2 Weeks  
Painless  
Only 6 Treatments Needed  
**6 for \$225**

CAVI-LIPO

Non Surgical Reduces  
Fat On Any Area  
Painless  
**\$50**

CHIN FAT

REDUCTION  
With Cool Sculpting  
Rid Your Double Chin  
Forever  
**50% OFF**

\$50 SPA DEALS

• Teeth Whitening  
• UV Gel Manicure with  
UV Gel Pedicure  
• Deep Pore Facial  
• Microdermabrasion • Body Wrap  
BRAZILIAN WAX - 2 for \$50  
• Full Body Wax  
• Oxygen to Revitalize Skin  
Expires 1/15/19

THERMAGE

TIGHTEN FACE, BODY OR NECK  
In Just One Session  
No Package Needed  
No Surgery Needed  
\$899 Per Area  
THERMAGE EYES:  
Reduce eye bags, crows  
feet & lift sagging eyes  
**\$599**

No Time To Come In Before Ad Expires?  
Prepay With No Expiration

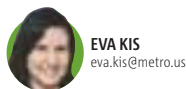
180 7th Ave. South  
(Between West 11 & Perry St.)

212.229.1389

WE ACCEPT CARE CREDIT

# Emeril Lagasse finally has a restaurant in New York

Greek island cuisine meets the flavors of Louisiana at Rodos, now open in Flatiron.



EVA KIS  
eva.kis@metro.us

Emeril Lagasse has long been a friend to the New York City food scene, but he's finally put down roots here with the opening of the new restaurant Rodos.

The celebrity chef who taught a generation of TV watchers to season their food by yelling "Bam!" at the same time created the restaurant in collaboration with Yiannis Chatiris and Eleni Vareli. They bring the modern Greek favorites — the restaurant is named for a Greek island — while Lagasse and his team at We Love Food Hospitality infused



Emeril Lagasse brings the "Bam!" to Greek food at Rodos. GETTY IMAGES

the dishes with the boldness of Louisiana cooking.

Mediterranean classics like hummus get reinterpreted with butternut squash and "Holy Trinity" salsa verde, while the New Orleans beignet — Emeril's stomping ground — gets a savory

twist with octopus (\$19). Mains include lacquered Long Island duck (\$36) and grilled branzino (\$32).

Desserts range from housemade baklava (\$9) to Portuguese egg tarts (\$10). There's also plenty of wine, because it

wouldn't be a Mediterranean meal otherwise, and a handful of cocktails.

*Rodos is now open at Hotel Henri, 39 W. 24th St. in Flatiron, seven days a week from 4:30-11:30 p.m. For reservations, call 212-989-8811.*



"Harry Potter: A History of Magic" closes Jan. 27. EVA KIS

## Stay up late at 'History of Magic'

The magic is almost over at the New-York Historical Society. "Harry Potter: A History of Magic" will Apparate to its next location on Jan. 27. But for its final week, the museum has extended its hours so everyone has a chance to see the exhibit.

The special exhibit, which has taken over the museum's ground floor, will be open to visitors until 7 p.m. during the week beginning Jan. 21, and until midnight on Friday and Saturday.

Need a little fuel for your late-night museum romp? All Potter visitors will also receive a 10 percent discount on din-

ner at the museum's restaurant Storico.

"A History of Magic" was originally created by the British Library and enhanced with additional items for its journey across the pond, and shows how real-world folklore and history helped author J.K. Rowling create the Wizarding World of Harry Potter. Items include centuries-old books and relics, personal items from Rowling's own collection and much more.

*Tickets to the exhibit are timed and can be booked in advance at harrypotter.nyhistory.org.* EVA KIS

## THE ROCKEFELLER UNIVERSITY HOSPITAL CENTER FOR CLINICAL AND TRANSLATIONAL SCIENCE

### Healthy volunteers needed for HIV vaccine study

Researchers at The Rockefeller University are testing the safety of two investigational antibodies directed against HIV.



#### You may be eligible if you:

- > Are between the ages of 18 and 65
- > Do not have HIV, Hepatitis B or C
- > Have no history of an STD in the last year

#### Participation includes:

- > Receipt of investigational antibodies
- > Blood work
- > Up to 20 visits over 48 weeks

Compensation is provided.

To learn more, contact our Recruitment Office at 1-800-RUCARES or email us at RUCARES@Rockefeller.edu



**DO YOU KNOW YOU CAN  
HIRE YOUR  
FAMILY/FRIEND TO TAKE  
CARE OF YOU?**

## JOIN CDPAP NOW!

(Consumer Directed Personal Assistant Program)

With the CDPAP program you have the freedom to hire your own caregivers.

You can design your own schedule, and reward your caregivers with great benefits!

Pay Caregiver  
**\$17.09**  
with benefits,  
holidays &  
VacationPay

**SERVICES IN ALL FIVE BOROUGHES INCLUDING LONG ISLAND  
AND WESTCHESTER SOCIAL WORKER PROGRAM PROVIDED**

**Call today: 212-560-9218**

Visit us at 224 West 35th Street Suite 708,  
New York NY 10001

Xincon Home Care

[www.xinconcare.com](http://www.xinconcare.com)



## HEALTH

Metro chats with Chuck McCarthy, founder of the company that went viral for making it possible for its clients to make new connections.

LUZ LANCHEROS  
letters@metro.us

Even in our always-connected world, loneliness is very common — it's also dangerous. A two-year study by researchers at Brigham Young University confirmed that being lonely increases the risk of death by 26 percent. Seeing a way to help, Los Angeles actor and entrepreneur Chuck McCarthy decided to create an app that has become a worldwide lifeline called The People Walker, which allows clients to connect with strangers for various outings. Metro chatted with McCarthy to learn more.

#### How did you get the idea for The People Walker?

The idea for People Walker came when I started walking more with my girlfriend. We would see all kinds of advertisements for dog walkers and personal trainers. I was looking for a side job to make some extra money between Hollywood acting jobs, and I was thinking about being a dog walker. But I didn't want to pick up dog poop, and you have to walk a bunch of dogs at once, which seems stressful.

Seeing all the advertisements for dog walkers and personal trainers, I jokingly said something like, "Maybe I can walk people" to my girlfriend. At first we thought it was a funny idea, but the more I thought about it, the more reasons I saw for people needing or wanting the service.

#### Tell us about your first experiences.

The two main reasons I thought people would want to use the service were motivation and



Even Chuck McCarthy was worried about his first walk, but found it an easy shared experience. PROVIDED

safety. After I started, many people also showed interest in it just as a way to talk to someone new or get out and see an area of town they didn't know, or visiting tourists being

Also, the act of walking changes your brain chemistry. It makes you 60 percent more creative. So, my first walk went fine, and I've just been trying to take things one step at

a time ever since.

#### How does your platform work?

The mobile app is an on-demand and proximity-based marketplace similar

to Lyft or Uber, but with elements of Task Rabbit and Airbnb. The walkers on the platform have all been interviewed and have passed a background check to make sure they are safe and reliable people. They can set their own rates in a range between \$7 and \$21 per half-hour or \$14-\$42 per hour.

#### What do people look for from a People Walker?

The main things are motivation, exercise, safety, conversation and information.

#### Have you made any new friends?

I have made some new friends, and I have regular clients that I walk with, but I also try to keep a certain distance between clients and myself because one of the other advantages of walking with a walker from People

Walker is that they aren't someone who is too connected to your life. Sometimes it's easier to tell a stranger things versus telling your friends or family. I think of myself as a bartender or barber without the hangover or a bad haircut.

#### What other services do you offer?

The way I think about walking with a walker from People Walker is like a Swiss army knife. You can use the knife to carve a stick, but you also get the scissors, the screwdrivers, the bottle opener, the saw. Walking and talking with someone is healthy exercise, but you can also learn something about the world, someone else, or yourself. Feel safer. You can explore a new area. You relieve stress. It truly is a holistic experience, and people get out of it what they want or need.

**"We are all like chemicals. When we sit in our apartments, we aren't mixing with the world. Some people are happy walking around by themselves. Others want or need someone else to walk with them to help stir them into the world and make something new."**

Chuck McCarthy, creator of The People Walker

able to walk around Los Angeles with someone from Los Angeles.

I was nervous about my first walk, worried we wouldn't have anything to talk about while we walked, but the great thing about walking is that it's a shared experience, and you are always seeing something new.

**DEFEAT HEP C FOR GOOD**

The cure is yours—faster and easier than ever before.

HOUSING WORKS COMMUNITY HEALTHCARE 1 (833) 844-HEPC

## SPORTS

metro  
BET

BET BETTER

DraftKings-  
Metro  
\$500 first bet  
match promo

DraftKings Sportsbook is about to put more free money in your back pocket. The company will be updating its sports book free bet offer so you can get your first bet matched up to \$500 starting this week. This is great news for sports betting novices in particular, as beginners will be able to get their wagering sea legs under them without breaking the bank. And for you experts? What's better than a higher free bet promotion? Claim your \$500 match now by going to:

<https://dkng.co/metro>

## Is Nick Foles the next Giants QB?

The Super Bowl MVP's time with the Eagles is likely over. He could be a perfect fit for the Giants.



JOE PANTORNO  
joseph.pantorno@metro.us

While New York Giants fans received some form of consolation knowing that the Philadelphia Eagles' season ended on Sunday in an NFC Divisional Game loss to the New Orleans Saints, there could be an added bonus coming from the City of Brotherly Love.

Backup quarterback Nick Foles might have very well played his final game with the Eagles, an interception that went through the hands of wide receiver Alshon Jeffery likely being his final pass with the team.

It's an unceremonious end to a historic tenure in Philadelphia. The No. 2 man under center will forever be adored by one of the harshest sports cities in the United States after stepping in for injured golden boy Carson Wentz and leading the Eagles to their first-ever Super Bowl title last season in an upset victory over the New England Patriots. To put the cherry on top, Foles was given Super



Nick Foles might be a perfect fit for the Giants, who are in need of a new face under center. GETTY IMAGES

Bowl MVP honors after he passed for 373 yards and three touchdowns.

He was once again called in to work his magic in 2018, after Wentz went down with a back injury, rallying the Eagles after they were knocked down to the proverbial canvas.

Following an overtime loss to the Dallas Cowboys in Week 14, the Eagles looked dead after falling to 6-7. But Foles came in and reeled off three straight wins, two of them coming against playoff teams in the Los Angeles Rams and Houston Texans, to sneak Philadelphia into the final NFC Wild Card spot.

Naturally, Foles proceeded to defeat the

Chicago Bears in the Wild Card Round before falling to the Saints, capping off a two-year run that saw him go 10-3 as the Eagles' starting quarterback.

But with Wentz firmly planted as Philadelphia's No. 1 man under center, Foles is expendable. Luckily for him, he has a way out, with a golden chance to achieve a hefty payday.

As Foles' contract stands, there is a mutual option for the 2019 season that would pay him \$20 million to be Wentz's backup once again. In order for the option to kick in, both the Eagles and Foles would have to accept it.

The Eagles likely would have no problem

doing that. Foles, on the other hand, probably would, which would make him an unrestricted free agent.

There is no denying \$20 million is a handsome sum, but his value has never been higher after the two seasons he's put together in Philadelphia, and he is poised to make much, much more. Thanks to a less-than-impressive quarterback class coming out for the 2019 NFL Draft, passer-needy teams are going to be scouring the market for starting options.

Foles is expected to be at the top of that list.

As it stands, the New York Giants and Jacksonville Jaguars are expected to be the most active

teams on the quarterback market this offseason, though they could be joined by the Oakland Raiders or Tampa Bay Buccaneers.

While the Blake Bortles experiment in Jacksonville looks to be over, the Giants seem to be on the fence about ending Eli Manning's run as the man in New York. The Giants hold the No. 6 pick in the 2019 draft, which could yield them a prospect like Ohio State's Dwayne Haskins or Missouri's Drew Lock. But if general manager Dave Gettleman is in a win-now mode, he could go for an established quarterback while using the draft to build a secure offensive line.

Even if the line goes through growing pains, Foles is a quarterback who can get the ball out of his hands quickly and can extend the play if needed. That kind of skill set would take that much more pressure off a rebuilding O-line.

Add his big arm to lead an offense with big-play receivers like Odell Beckham Jr., Sterling Shepard and tight end Evan Engram, and the Giants attack that is going to run through Saquon Barkley will become that much more dangerous.

The NFL's free agency period officially begins on March 14.

The Future of  
Foot Surgery has arrived  
at NY Podiatric Medicine

Don't hide them... **WE CAN HELP!**  
Specializing in Surgery and Aesthetics  
of the Foot.

NEW YORK PODIATRY  
MEDICINE AND SURGERY

Cutting Edge Means  
Less Cutting

MINIMALLY  
INVASIVE

## Bunion &amp; Hammertoe Surgery

We have performed thousands of these  
procedures with state of the art technology

[www.nymidtownpodiatry.com](http://www.nymidtownpodiatry.com)

MIDTOWN

315 Madison Ave., Suite. 2301 • 212-867-2500

As seen on and

All Photos of  
Actual Patients

HAMMERTOE  
CORRECTION

MOST INSURANCE PLANS ACCEPTED

**FREE CONSULTATION WITH THIS AD**

Dr. Andrew Glass DPM  
**212-867-2500**



# THE HIRING OF GASE IS TOO RISKY FOR JETS

## OPINION



**MARC  
MALUSIS**  
@marcmalusis

So, the Jets have made their choice. After eight interviews with potential candidates, they settled on former Dolphins head coach Adam Gase to be their leading man. He was introduced on Monday, though the outrage had begun immediately when the announcement was made.

The Jets seem to make the easy things more difficult. Instead of minimizing risk out of their hire, they added risk into their evaluation.

I am not saying that this is a brutal hire or that it can't work, but it is a difficult sell to bring on an individual and tab him as the solution when he was part of the problem with a division rival.

I get that everyone deserves a second chance



The Jets introduced new head coach Adam Gase to the media on Monday afternoon. GETTY IMAGES

and Gase is getting one, and very quickly. With such a quick turnaround in jobs, do you think Gase has had the opportunity for a little introspection as far as why he ultimately failed in Miami? What can he do better and where does he need to improve to be a more successful head coach?

We have seen many guys jump quickly to an-

other job as head coach after being fired, like Rex Ryan, Chip Kelly and Eric Mangini. They ultimately failed in yet another destination, and rather quickly.

If Gase does not learn from his mistakes in Miami, he will fail once again. Has he had time to learn from those failures since he has been rewarded with yet another head-

coaching opportunity in the NFL? I am not sure that you can make the argument that he has.

He has not been humbled. He failed up to a better job with a more talented, younger quarterback in Sam Darnold.

Communication was certainly a reported issue for Gase in Miami. He lost the Dolphins' locker room at the end of the

2018 season, which included him yelling at the team owner after a gut-wrenching loss to the Colts in Week 12.

He displayed some thin skin when he was criticized by the media, too, which is a disaster in the making here in New York.

It is great to have an "all in" mentality and to be "blunt and honest" when communicating, but Gase needs to evolve and know that the NFL is a player's league and you need talent to win.

Instead of chasing stars like Jarvis Landry away from your team, you want game-changing talent to be a part of your team. Gase might be a brilliant offensive mind,

but must be a brilliant leader. These are just some of the concerns, reservations and risks with the Jets hiring him. The Jets did their homework and were comfortable with the risk, and only time will tell — on the field — if they were right.

I also have a hard time overlooking the fact that the Jets did not hire their preferred choice. Reportedly, their top candidate was Baylor University coach and New York City native Matt Rhule.

Every other team that was looking for a new head coach got their man. Not the Jets, though, as they could not come to an agreement with Rhule on how to fill out the rest of the coaching staff. Rhule made the correct decision to go back to college because he will get another opportunity to coach in the NFL down the line, which leaves the Jets with their apparent second choice in Gase.

I am not saying that he can't be successful with the Jets, but there is a greater risk of failure.

He is an "alpha" male and is confident, which means he should have more entertaining press conferences. But he simply needs to win.

Everyone will move on if he does that.

## Is Finding The Best Treatment For Your Knee Arthritis Pain Worth 30 Seconds To You?

What if... there was a way to finally get straight answers about the most cutting-edge medical treatments for knee arthritis available today...

Answers from REAL MEDICAL DOCTORS who are experts in this field...

Doctors that have already treated THOUSANDS of knee arthritis sufferers...

Doctors who will tell you exactly what your best options are and what can realistically be expected... without making huge (and false) claims... just to sell a product or service... and then deliver junk that does little or nothing for your pain?

Well... now you can.

### Here is how...

NYC Pain MD is a medical clinic with 2 locations in New York City that has medical doctors specially trained in some of the most advanced, cutting edge knee arthritis treatments available today.

And they have put together an information kit that details some of these advanced medical procedures that have already helped thousands.

Including... what you need to know about joint lubricating injections, platelet rich plasma (PRP), stem cell therapy... and more.

This free information kit contains a video and report that will also explain the two arthritis treatments paths you

should know about and what "Precision Arthritis Targeting Technology" is and why it has already helped so many arthritis sufferers.

### How To Get Your Information Kit...

All you have to do is go to [painmdny.com/knee](http://painmdny.com/knee) and click the button that says "Click here to get a free knee arthritis treatment info kit."

Then put your name and email address in the space provided and you will be emailed a video and PDF report detailing what treatment options could be the best for your arthritis pain and how we might be able to help you.

We will also send you a way to get a free screening to see if you qualify for one of the advanced medical treatments. **It is 100% free with no further obligation.**

If you are interested in the screening... awesome. If not, that's ok, too... at least you will have all the information and options.

And if you don't have email... you can click the red "knee pain" button and you will instantly watch a video detailing some of your best options. If you are looking for proof... I think you will find it on this website.

After getting this information and watching the video... you will breathe a big

sigh of relief knowing what your best options are and what treatments might finally relieve some or even all of your knee arthritis pain.

And let's be crystal clear about this... NYC Pain MD is a real medical clinic with real medical doctors.

You will be getting real quality information about real medical treatments.

This is NOT some fake "wonder cure." In fact... you will NEVER see any guarantee of results. This is because... in the world or science and real medicine... Guaranteeing results is impossible.

Every patients is different... and so are the results. Any doctor (or marketer!) telling you different is lying to you. I have seen some of the "miracle cure" ads that are everywhere. I bet you have too.

That being said... We will be completely upfront and honest with you. Refreshing... isn't it?

So... if you are looking for up to date... honest information about some of the best possible medical treatments for knee arthritis pain...

Go here [painmdny.com/knee](http://painmdny.com/knee) and request the information kit or just watch the videos on that page.

Or if you would like to reserve a free screening before they are all gone call 877-228-5490 right now.

**Minimally Invasive Podiatric Surgery**  
State-of-the-art technology, procedures and techniques with old fashioned care and understanding of your time, comfort and needs.



**SEE THE SCAR?**  
We don't either!  
**Tiny Incision  
BIG RESULTS!**

**Dr. Larry Cohen, DPM**  
Midtown Location,  
Near Grand Central  
36 West 44th Street, Suite 610,  
New York, NY 10036,  
212-391-1279

**Dr. Herbert Abbott**  
Upper West Side  
220 West 98th Street, Suite 1-K,  
New York, NY 10025,  
212-663-3668

**Zocdoc** Read our reviews, you'll be amazed!

N  
Y  
C  
Foot &  
Ankle  
Center

**GET IN. GET OUT.  
GET ON YOUR WAY.**

# MEDICAL RESEARCH

To advertise, call Peter Blankenstein at 212-457-7751 or email [peter.blankenstein@metro.us](mailto:peter.blankenstein@metro.us)



#22930924.1  
IRB Approved As Modified at the Study Level  
Nov 07, 2018

## Eosinophilic Gastritis/ Eosinophilic Gastroenteritis

**Clinical Research Study  
Call (212) 241-8780**

- Are you 18 years or older?
- Have you been diagnosed with Eosinophilic Gastritis and/or Eosinophilic Gastroenteritis?
- Are experiencing abdominal pain, diarrhea, nausea, vomiting, bloating and/or abdominal cramping?

**You could be eligible for our research study!**

What the study provides:

- Investigational Drug Treatment Therapy
- Patient Stipends: \$200-\$500 per visit
- Free visits with EG/EGE Specialist
- All visits, endoscopies & related procedures are covered by the study

**Interested? Call (212) 241-8780  
or email [Gabriela.Mendoza@mssm.edu](mailto:Gabriela.Mendoza@mssm.edu)**

**JANIS HOPKINS**  
Approved March 13, 2018  
NYSPI IRB Approved  
12/18/2018 - 8/20/2019

## Seeking individuals with Alzheimer's disease who experience agitation

*The Escitalopram for Agitation in Alzheimer's Disease (S-CitAD) study is a 12-week trial of escitalopram taking place at Memory Disorders Clinic at the New York State Psychiatric Institute*

**The S-CitAD Research Study is looking for volunteers who:**

- ✓ Have been diagnosed with Alzheimer's disease
- ✓ Experience feelings of irritability, restlessness, frustration, or anger
- ✓ Have a study partner who can participate in the study

All participants receive:

- Free parking at each visit
- Psychosocial counseling provided to all eligible participants
- All visit procedures administered at no cost

**Call 646-774-8671 for more information**

**COLUMBIA**  
COLUMBIA UNIVERSITY  
DOUGLASS HELLER CENTER  
NYSPI IRB Approved  
12/18/2018 - 8/6/2019

## The FIRST EVER Anti-Viral Clinical Trial for Alzheimer's Disease

This research is funded by the National Institutes of Health (NIH)

Viruses may cause or contribute to the pathology of Alzheimer's disease. This research treatment study at the **MEMORY DISORDERS CLINIC** is the first-ever clinical trial to address this hypothesis.

This study includes:

- Brain imaging
- Clinical assessments
- Anti-viral research treatment with pills

**CONTACT US  
646-774-8641**  
40 Haven Avenue  
New York, NY 10032

## DO YOU HAVE ECZEMA?

**YOU MAY BE A CANDIDATE FOR OUR CLINICAL RESEARCH STUDY!**

We are currently enrolling qualified participants in a clinical research study for an investigational topical lotion.

**TO QUALIFY YOU MUST:**

- Be 2 years of age or older with eczema; other restrictions may apply

Health insurance is not needed to participate and you may receive compensation for time and travel. Eligibility is determined at time of initial visit.

**TO see if you or someone you know may qualify contact us today!**

**CALL 212.772.7242  
OR VISIT  
[SADICKRESEARCH.COM](http://SADICKRESEARCH.COM)**

**SADICK RESEARCH GROUP**  
911 Park Avenue, Suite 1A  
New York, NY 10075  
212-772-7242  
[srg@sadickdermatology.com](mailto:srg@sadickdermatology.com)  
[www.sadickresearch.com](http://www.sadickresearch.com)

**COLUMBIA**  
COLUMBIA UNIVERSITY  
Department of Psychiatry  
NYSPI IRB Approved  
12/27/2018 - 8/23/2019

## Are you feeling down or depressed? Are you less active or more slowed down?

If you are **age 60 or older** you could be eligible for a research study at Columbia University Medical Center that provides:

- A free comprehensive medical evaluation
- Up to 12 months of free expert treatment
- A more active and fulfilling life
- Compensation of up to \$300

**Call the Clinic for Aging, Anxiety, and Mood Disorders at 646-774-8677 now to see if you are eligible  
Para servicio en español, llame al 646-774-8692**

**COLUMBIA UNIVERSITY**  
Medical Center  
NYSPI IRB Approved  
8/7/2019 - 8/6/2019

## Do you have hearing loss? Are you feeling depressed?

We are seeking research participants to help us understand the relationships between Depression and Hearing Loss

If you are 60 years or older and have moderate to severe hearing loss, you could participate in a research study that provides:

- Comprehensive cognitive testing
- Hearing aids • Depression treatment
- Travel compensation

If interested, please call the Clinic for Aging, Anxiety, and Mood Disorders at **646-774-8672**

This study is being conducted at NYSPI/ Columbia University Medical Center

## Occasional Marijuana Smokers Needed

**RESEARCH VOLUNTEERS:**

Healthy males and females (age 21-50) who OCCASIONALLY SMOKE MARIJUANA needed to study effects of marijuana on brain activity and decision-making.

The study involves 3-6 outpatient visits and a 3-day/4- night stay at the NYS Psychiatric Institute and includes Magnetic Resonance Imaging (MRI) scans.

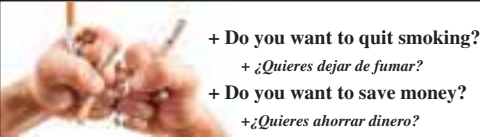
Compensation for time could be between **\$580-\$940 (generally \$700).**

**Call (646) 774-5125 or (646) 774-6161 for information.**



# MEDICAL RESEARCH

To advertise, call Peter Blankenstein at 212-457-7751 or email [peter.blankenstein@metro.us](mailto:peter.blankenstein@metro.us)



- + Do you want to quit smoking?
- + ¿Quieres dejar de fumar?
- + Do you want to save money?
- + ¿Quieres ahorrar dinero?

NYU School of Medicine is seeking adult volunteers to participate in a research study to help NYC residents quit smoking.

La Universidad de medicina de NYU está buscando voluntarios adultos para participar en un estudio de investigación para ayudar a residentes de la ciudad de Nueva York a dejar de fumar.

Eligible participants will receive quit smoking treatment and financial coaching at no cost and be seen at Bellevue Hospital Center or NYU Langone-Brooklyn. Compensation will be provided for time and travel.

Se les proporcionará compensación por su tiempo y el transporte.



For more information call  
347-260-4889.  
Si hablas español, llama  
347-268-8420.

All information held confidential

## Do you use HEROIN?

The New York State Psychiatric Institute is conducting a clinical research study for healthy volunteers who use heroin.

### ELIGIBLE VOLUNTEERS MUST:

- Be 21-35 years old
- Be a healthy heroin user who has injected heroin

### ELIGIBLE PARTICIPANTS RECEIVE:

- Compensation for time and travel up to \$1,000
- Study related medications and examinations at no cost

To receive more information, Call (646) 774-6161

## IS YOUR TEEN ANXIOUS?



### RESEARCH VOLUNTEERS NEEDED

#### Brain Imaging Study of Youth with Anxiety

#### Participation includes:

- 2 visits (3 hrs. each)
- Diagnostic Interview
- Cognitive Tests
- MRI Scan

We are looking for children between 11-17 years old and who display symptoms of anxiety. You may receive up to \$170.

646-774-5703

[sarah.pieper@nyspi.columbia.edu](mailto:sarah.pieper@nyspi.columbia.edu)

## Are you HIV+ and experiencing discomfort related to Peripheral Neuropathy?

### You May Be ELIGIBLE To Participate If You Are:

- HIV+/AIDS
- Experiencing pain, numbness, aching, burning, or "pins and needles" sensation in the lower legs and/or feet for 2 months or greater
- 18 years of age or older

The study involves testing the use of Acupuncture/Moxibustion, a traditional Chinese medicine therapy for the relief of lower extremity neuropathy in persons with HIV/AIDS.

As a participant, you will be asked to attend one baseline session, 12 Acupuncture/Moxibustion sessions and three follow-up sessions, maintain a symptom diary and complete questionnaires.

There is no medication given as part of this study.

Compensation: You will be compensated for your time. If you attend all your sessions, you will receive a total of \$220. You will also receive a round trip Metrocard at the end of each session to cover your travel expenses.

For More Information  
Call: (212) 365-0346



NEW YORK UNIVERSITY

## ITEMS WANTED

### Absolute Yes! SAME DAY

#### !CASH PAID!

\$45 AcuChek 100/Smartview100  
888-415-0796 instant!  
for Diabetic Test Strips

224 w 116 st, M-F, 2-4 p  
or mail in B,C,2,3 trains

## JOBS

### General Help Wanted

**Driver's Wanted! \$60 p/h**  
Drive Executives • Will Train • Men/Women  
Cash Daily • 10 hr Shifts  
212.465.2544 | 862.596.8671

**metroCLASSIFIEDS**  
To place an ad call 866-900-9473  
or visit us at [www.metroclassifieds.com](http://www.metroclassifieds.com)

## JOBS

### General Help Wanted

**VRC**

**Volunteering in the Arts**  
Love the Arts?  
Learn about volunteer opportunities  
in the arts capital of the world  
Meet Volunteer Directors and sign up to volunteer!

**Tuesday, January 29, 2019**  
**6:00pm—8:00pm**  
**All Stars Project**  
**543 West 42nd Street**  
(Subway A, C, & E to 42nd Street)

Admission is FREE! | Light Refreshments

**RSVP Seating is limited. Register soon**  
**212 889-4805 or [www.volunteer-referral.org](http://www.volunteer-referral.org)**

## CAREER TRAINING

## REAL ESTATE

### Rooms for Rent

#### All Manhattan/Bronx



Furnished Rooms For Rent!  
Cable/Internet Ready! Move  
In Today! All utilities Inc.  
Starting Just \$150/wk.  
Call Us Now: (212) 368-2685

#### 100's Available, All Boroughs



Private Entry Bath Cooking  
1 Person/2 Person \$125/wk up room rentals  
Studios \$900/up  
212-210-0921

#### IMPORTANT INFORMATION:

All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro U.S. reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

## JOBS

### General Help Wanted

**TOPVIEW**  
EIGHTZERO • NEW YORK

**Brand Ambassador**

- Up to 50% Commission
- Flexible Schedule
- Part Time and Full Time Available
- Daily and Weekly Pay
- Weekly and Monthly Bonus\*
- Average Weekly Pay \$1,500

Open House: Mon-Fri 11am  
2 E 42nd St, New York, NY 10017  
Call today (646) 453-6764

\*restrictions apply

## JOBS

We Train & Place!  
Call: 718-263-0750

- PCT • HHA • CNA
- Med. Billing & Coding
- M.A • Pharmacy Tech
- EKG/Phlebotomy Tech
- Business Analyst/QA
- Media concepts: Audio • Video
- Solar Tech
- SAP

US Vets  
Call  
Now

FREE TRAINING IF QUALIFIED  
Students Visas @ Low Cost

On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY

[WWW.ACCESSQUEENS.COM](http://WWW.ACCESSQUEENS.COM)

## PEST CONTROL SCHOOL & SERVICES

6/9 DAYS/N.Y. STATE APPROVED, CERTIFICATION  
& RECERTIFICATION IN BED BUGS, TERMITES,  
STRUCTURAL, FOOD PROCESSING & LANDSCAPING

### BEDBUG SPECIALISTS JOB ASSISTANCE/BUSINESS

1(800) 220-5494 or (718) 205-0557

[pestcontrolschoolny.com](http://pestcontrolschoolny.com) | [pestmanagementsciences@yahoo.com](mailto:pestmanagementsciences@yahoo.com)

Call or Text #917.653.0319

**metroCLASSIFIEDS** To place an ad call 866-900-9473  
or visit us at [www.metro.us](http://www.metro.us)

## JOBS

General Help Wanted



A Job Platform for only  
NY Sales Professionals.

Looking to Hire a Sales Rep?  
We can help!

[www.salesjobs.nyc](http://www.salesjobs.nyc)

Not in Sales we can help. Webjobs.us

## HOME HELPER WANTED

**HHA FOR GREATER PAY!**

Without HHA? You can still  
help elderly friends & family  
members for great pay!

646-799-6062

212-564-3882 | 646-832-7647

or visit us at: 110 West 34th St.  
Suite 1207 Manhattan, M-F, 10-5

## PSYCHICS

### INDIAN PSYCHIC & SPIRITUAL HEALER



**Vijay Krishna**  
(I.C.A.S.)

IF YOU HAVE TROUBLES, I HAVE SOLUTIONS

100% REMOVAL OF BLACK MAGIC BAD LUCK,  
EVIL SPIRITS & GIVES HOLY SPIRIT PROTECTION

\* LOVE \* FAMILY \* CHILDREN PROBLEMS \* HEALTH \* JOB  
\* MONEY \* LUCK \* DEPRESSION \* ENEMY \* SEXUAL PROBLEM  
\* COURT CASES \* ETC..

All Religions are welcome!

SPECIALIZED IN BRINGING LOVED ONES BACK

PRIVATE & CONFIDENTIAL

100% GUARANTEED RESULTS

**929-250-4134**

541 8th Ave Between 37 & 38th Street Manhattan 10018  
(Inside I LOVE GIFT SHOP)

**metroCLASSIFIEDS**

To place an ad call 866-900-9473  
or visit us at [www.metro.us](http://www.metro.us)

DEADLINE: 2 BUSINESS DAYS PRIOR TO  
PUBLICATION AT 4 PM.

## PSYCHICS



## Healer and Clairvoyant

From a well known spiritual family who  
combined the power of spirituality, healing  
and love. Guarantee to bring your partners,  
love ones within 72hrs., clear bad luck and  
obia in just one cleansing, break unwanted  
relationship, court cases, protection etc.

Even the worst case scenario,  
just call Mr. Suwa on  
**347-792-9714**  
Brooklyn.

### MOST POWERFUL AFRICAN PSYCHIC



PROF KALLO & SON

LOVE GURU

22 Years Of Experience

LOVE EXPERT

I BRING BACK LOVED ONES  
ONE VISIT & YOU WILL SEE RESULTS.  
I NEVER LOOSE ANY CASE

I can Help you in Problems: Marriage, Court case, Business,  
Depression, Bond Families, Stop Divorce, Stress Removal,  
Bad Luck, Evil eyes, Jadoo & Negative Energy

NO MORE PAIN, NO MORE DISSAPPOINTMENT,  
MEET LOVE MASTER TODAY & GET SOLUTIONS

By Yankee Stadium

**347-271-3493, 917-946-4662**



## MR. BAMBA

Most Powerful African  
• Psychic • Love Expert

No matter how difficult your problem is there is a  
solution to it. Problem concerning black magic,  
love, voodoo, sexual impotency,  
business transactions, exams & court cases.

I can help you reunite with your loved ones,  
split unwanted relationships. For all your problems  
Mr. Bamba is the answer, no disappointment.

**QUICK RESULT GUARANTEED!**  
PLEASE DON'T REMAIN IN SILENCE WITH YOUR  
PROBLEM SEEK HELP FROM MR. BAMBA  
TEL: (718) 877-9428



MR SERINE  
Spiritual  
Healer &  
Coach

Specialized in all kind of  
Love Situation

Remove all kind of black magic,  
Witchcraft, Evil Spirits, Curse &  
Depression

We restore luck, jobs, position,  
impotence, sexual desires,  
court case & more...

Destroy enemies & offer protection  
100% Guaranteed result in 7 days!

CALL 718-200-8126  
[www.benmedium.com](http://www.benmedium.com)

**metroCLASSIFIEDS**  
To place an ad call 866-900-9473

**metro**  
CLASSIFIEDS

To place an ad call  
**866-900-9473**

or visit us at  
[www.metro.us](http://www.metro.us)

DEADLINE: 2 BUSINESS  
DAYS PRIOR TO  
PUBLICATION AT 4 PM.

## INDIAN ASTROLOGER & PSYCHIC READER



MOST POWERFUL PANDIT : VIKRAM RAJ

ONE CALL, ONE VISIT WILL CHANGE YOUR LIFE

SPECIALIZED IN : BRINGING  
LOVED ONES BACK,  
EVEN HOPELESS CASE

Expert in Removing BLACK MAGIC  
Bad Luck, Voodoo, Obeah,  
Witchcraft, & Evil Spirits



100% GUARANTEED RESULTS

VIKRAM RAJ IS AN EXPERT IN REMOVING PROBLEMS LIKE

\* BUSINESS \* STOP DIVORCE \* CHILDREN MISTAKES  
\* BAD LUCK \* WORK PROBLEM \* COURT CASES  
\* BLACK MAGIC \* FINANCIAL PROBLEM \* CHILDLESS COUPLES  
\* REUNITE LOVERS \* HUSBAND & WIFE PRO. \* SEXUAL PROBLEMS

CALL FOR APPOINTMENT PRIVATE & CONFIDENTIAL

**347-279-7360**

104-14, 118st, S. Richmond Hill, NY - 11419  
(Private House)

### WORLD FAMOUS INDIAN ASTROLOGER & SPIRITUAL HEALER

PANDITH : SAI GANESH  
PALM READING \* FACE READING \* HOROSCOPE

IF YOU HAVE TROUBLES, I HAVE SOLUTIONS

100% REMOVAL OF BLACK MAGIC BAD LUCK  
EVIL SPIRITS IN 24 HRS & GIVES HOLY SPIRIT PROTECTION

LOVE \* FAMILY \* CHILDREN PROBLEMS \* HEALTH  
\* JOB \* MONEY \* LUCK \* BIRTH STONES \* DEPRESSION  
\* ENEMY \* SEXUAL PROBLEM \* COURT CASES \* ETC..



SPECIALIZED IN BRINGING LOVED ONES BACK

100% GUARANTEED RESULTS

Call for Appointment: 8 AM to 9 PM

PRIVATE & CONFIDENTIAL

**929-485-9011**

104-12 116th St., Liberty Ave., South Richmond Hill  
NY 11419 (Private House)

### MOST POWER FULL PSYCHIC & SPIRITUAL HEALER

I AM THE KEY FOR YOUR SUCCESS



Gold Medal: MASTER GOPAL GURU JI

EXPERT IN : REMOVING & DESTROY  
ANY KIND EVIL SPIRIT  
& BLACK MAGIC  
VODDO, OBEY, WITCH CRAFT  
& BAD LUCK  
& GIVES LIFE LONG PROTECTION



SPECIALIST IN REMOVING PROBLEMS LIKE

\* BLACK MAGIC \* HEALTH SICKNESS \* DEPRESSION  
\* REUNITE LOVERS \* HUSBAND WIFE PROBLEM \* JOB & EDUCATION  
\* MARRIAGE \* FINANCIAL PROBLEM \* NEGATIVE ENERGY  
\* COURT CASES \* SEXUAL PROBLEM \* STRESS REMOVAL ETC.

ONE VISIT 100% GUARANTEE RESULTS (PRIVATE & CONFIDENTIAL)

**646-945-5696**

103-28 112th Street, Liberty Ave., S. Richmond Hill, NY - 11419  
(Private House)



## Mr. SAIDOU

International Spiritualist  
Medium & Psychic Over  
40 yrs exp. Bring back loved  
ones in the Quickest Way,  
Stop Infidelity, Business

Success, Exams & Career, Black Magic  
Specialist, Clear Negativity, Bad Luck,  
Protection, Sexual Problems etc.  
Results in 7 Days Guaranteed.

**Call 516-206-8543  
and 646-339-9948**

132nd Street, 7th Ave., Manhattan, NY



## GAMES

metro.us/crossword

## ACROSS

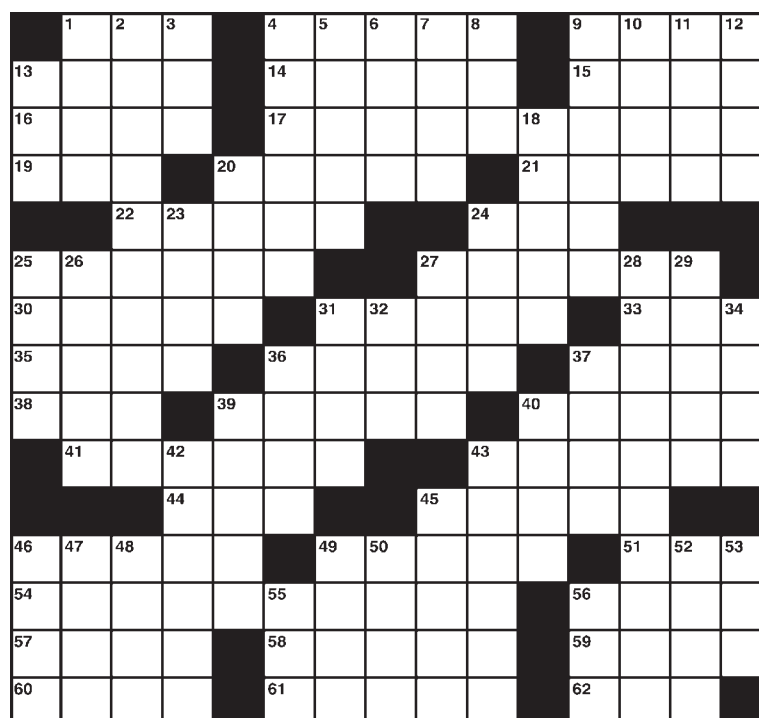
- 1 Soldiers, for short  
4 Walks the floor  
9 \_\_\_ up; misbehaves  
13 Clavicle or rib  
14 Clay brick material  
15 Ivory or Irish Spring  
16 Fraternity letter  
17 Unwieldy; hard to carry  
19 TV crime drama series  
20 Scramble pieces  
21 Felt miserable  
22 Climb onto  
24 Prefix for obey or own  
25 With hands on hips  
27 Retiree  
30 Mumbai's nation  
31 Pleasantly warm  
33 Peach stone  
35 Veal or venison  
36 Old Roman robes  
37 Mr. Arnaz  
38 Took a chair  
39 Marrying man  
40 Gave a pink slip to  
41 Wheeler-\_\_\_; shrewd entrepreneur

- 43 Polite person's word  
44 Edison's initials  
45 Rump \_\_\_; cut of beef  
46 Got on one's feet  
49 Smell bad  
51 Anger  
54 "Alice in \_\_\_"  
56 Deafening  
57 Not up yet  
58 Trigger or Mister Ed  
59 Traveler's stopovers  
60 Clutter  
61 Furry swimmer  
62 Suffix for baron or govern

## DOWN

- 1 \_\_\_ away; departs  
2 Frighten  
3 Caspian or Caribbean  
4 Actor Al \_\_\_  
5 Grown-up  
6 "O \_\_\_, All Ye Faithful"  
7 Flows back  
8 Observe  
9 St. Francis' home  
10 As \_\_\_ as a cucumber  
11 Subdue  
12 Drove too fast  
13 UK TV network

- 18 Weather forecast  
20 Largest brass instrument  
23 Leave out  
24 Carter & Clinton: abbr.  
25 Objectives  
26 Bread recipe verb  
27 Close angrily  
28 Surgeries  
29 Gets up  
31 Ill-mannered slob  
32 Not long \_\_\_; recently  
34 Laundry soap brand  
36 Sequoia or spruce  
37 Passes away  
39 Opening in a forest  
40 Criticism; opposition  
42 Not on good terms; disagreeing  
43 Think deeply  
45 Wash off soapsuds  
46 Crossed the pool  
47 "\_\_\_ or not to be..."  
48 Small bills  
49 Job opening  
50 Small fruit pie  
52 Hightails it  
53 Koch & Bradley  
55 Letter from Greece  
56 Commit perjury

Powered by  
ArkadiumCheck your answers  
at metro.us/games

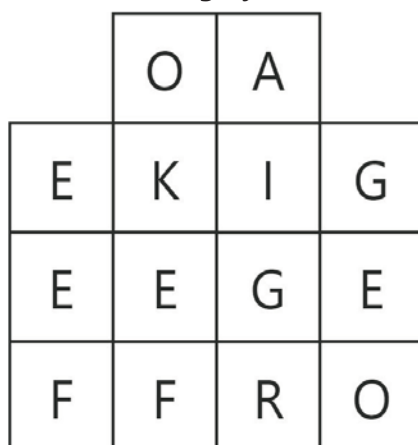
BY TCA

metro.us/wordsearch

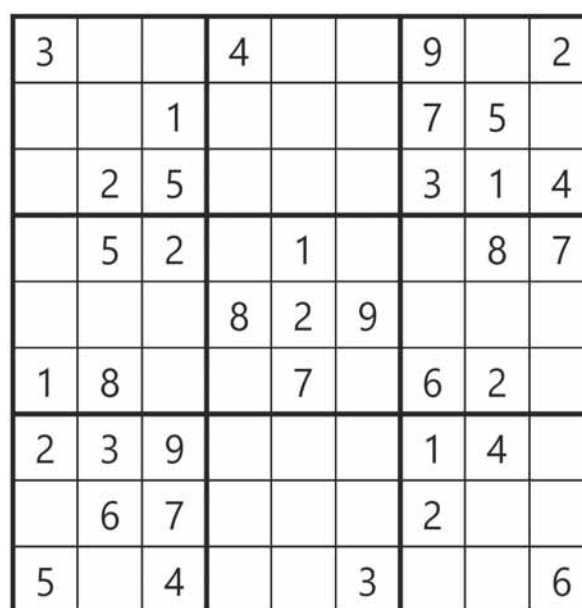
Atlanta  
Birthday  
Civil  
Dream  
GeorgiaHappy  
King Jr.  
Letter  
Luther  
MartinPreach  
Reverend  
Rights  
SCLC  
Speech

metro.us/wander

Category: Artist

Trace a path, using every letter once,  
to find the hidden phrase. Your path  
can turn in any direction, but not  
diagonally.

metro.us/sudoku

PLAY ANYTIME,  
ANYWHEREFind these games  
and MUCH MORE at  
games.metro.us

## Yesterday's Answers



metro

As the world's largest global newspaper,  
Metro has more than 18 million readers in  
more than 100 major cities in 23 countries.

York, NY 10271 • main 212-457-7790 • to advertise 212-457-7735 •  
Press releases pressrelease@metro.us • Chief Revenue Officer Ed  
Abrams, Ed.Abrams@metro.us • U.S. Circulation Director Joseph Lau-  
letta • U.S. Marketing Director Wilf Maunoir • email sales adver-  
tising@metro.us • email distribution distribution@metro.us • Adver-  
tisements appearing in Metro are published in good faith. Metro does  
not endorse and makes no representations about any of the advertis-  
ing content appearing in its pages. Metro is not responsible for any  
loss or damages whatsoever resulting from readers using the services  
of its advertisers. Readers should exercise caution when replying to  
advertisements, especially those which require any form of payment,  
and, where necessary, should seek independent legal advice. • Editor  
in Chief Aleksander Korab, aleksander.korab@metro.us • Managing Editor  
Terry Moseley, Terry.Moseley@metro.us • News Editor Jeff Tomko,  
jeff.tomko@metro.us • Art Director Luis Matos, Luis.Matos@metro.us • Sports Editor Joseph Pantorno,  
joseph.pantorno@metro.us • Going Out Editor Eva Kis, eva.kis@metro.us • Head of Production Matt Prowell,  
matt.prowell@metro.us



# VOLUNTEERS WANTED

## Participants needed for research studies of investigational medications for...

- Addiction
- ADHD
- Alzheimer's
- Anxiety
- Asthma
- Bipolar
- Conjunctivitis (Pink Eye)
- Depression
- Diabetes
- Eczema (Atopic Dermatitis)
- Influenza ("The Flu")
- Healthy Volunteers
- Kidney Disease
- Lactose Intolerance
- Liver Disease
- Migraine
- Non-Alcoholic Steatohepatitis (NASH)
- Non-Alcoholic Fatty Liver Disease (NAFLD)
- Osteoarthritis
- Parkinson's Disease
- Psoriasis
- Schizoaffective
- Schizophrenia
- Urinary Tract Infection (UTI)

Qualified participants may receive compensation up to \$3,475 for time and travel. Transportation is available | No insurance needed



Contact us today to see if you qualify, at **1-866-230-4185** or visit **[www.hrtrials.com](http://www.hrtrials.com)**



## DEPRESSED?

Are you treating your depression with medication?  
Are you still feeling depressed?

If so, please call Hassman Research Institute about participating in our research study of an investigational drug for adults with treatment-resistant depression.

Qualified participants must: • Be 18 or older • Be taking prescribed antidepressant medication • Be currently experiencing a depressive episode  
Insurance is not required to participate in our study, and all study-related care and study medications are provided at no charge.  
Transportation and compensation up to \$7,500 for time and travel may be available.



For more information, call toll-free 866-264-4545  
or visit **[HRITrials.com](http://HRITrials.com)**